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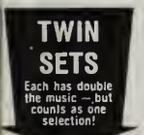
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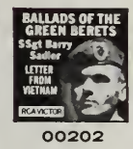
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Uses—and misuses—of common "mood" drugs

"Amphetamine abuse is a major health problem—many times more serious than narcotic addiction."

The most widely used drugs in America today include sedatives, tranquilizers, pep pills, and diet pills—all drugs which effect a change in a person's mood. In most cases, when used properly under a doctor's supervision, they are safe and beneficial. Indeed, they're invaluable to the practice of present-day medicine.

But millions of people are guilty of not using these drugs correctly. They either take them when they shouldn't or fail to take them when they should. On the one hand, they put too much reliance on these compounds and self-prescribe them when they can serve no useful purpose—and in fact can do very great harm. Or on the other hand, because of fears stirred by publicized dangers, people deny themselves the use of what might help them. A clear understanding of the basic facts involved will help you derive the most good from these drugs.

Sedatives. Sleeping pills, depressants, "downers," hypnotics—whatever term they go by and whatever form they take (capsules, tablets, or intravenous injections), barbiturate-type chemicals depress the central nervous system and are effective in the treatment of a wide range of ailments, including epilepsy, high blood pressure, peptic ulcer, insomnia, and various mental and nervous disorders. Their effect is to slow down the human machine. Respiration slackens, heart rate falls off, muscles lose their tenseness, nerves become dulled. These drugs are essential for surgical procedures and on the many other occasions when sedation is required. Taken in normal doses under medical supervision, they are highly effective and safe.

At other times, however, they invite serious risks, which the general public appears to underestimate. There are several thousand fatal overdoses each year—many of them accidents, not suicides.

Most doctor-prescribed barbiturates are the short-acting type such as Seconal, Amytal, and Tuinal. These pills, consumed to excess, create a condition with many of the same features as intoxication from alcohol—sluggishness, poor judgment, a lack of muscular coordination, distorted perception, slurred speech, slow reactions, a quickness to be moved to either laughter or tears, a sense of euphoria (or, at other times, irritability), and eventually a very deep sleep. Since alcohol and barbiturates enhance each other's potency in a sort of two-plus-two-equals-seven fashion, misusing them—for example, by taking sleeping pills after an evening of drinking—is extremely unwise. Both drugs are depressants, and their combined effect on vital functions may be to stop them altogether.

Another major hazard of the overuse of barbiturates is that it can lead to addiction. As a tolerance to smaller doses builds up, the user must consume increasingly larger amounts to produce the desired effects. In time, a true physical dependence may develop, and abrupt withdrawal of the drug is traumatic. It causes delirium, nausea, severe cramps, convulsions, and occasionally sudden death. A somewhat lesser danger is psychological dependence or habituation. The user *thinks* he can't get along without the drug.

At what point does a person run the risk of these perils? No one can say for sure because individual response to barbiturates is so varied. Some people have swallowed 50 pills at once and survived, while others have proved that eight can be fatal. One of the most knowledgeable judgments on this matter is that of Dr. Joel Fort, a professor at the University of California, and a drug expert. "Daily heavy use (best defined in terms of present research knowledge as more than 500 milligrams or five ordinary capsules of barbiturates, or the equivalent of the other drugs) provides physical dependence (addiction)," he says. "Those taking 400 milligrams or less would be psychologically dependent (habituated) and will often exhibit drug abuses other than addiction but usually will not develop addiction."

Tranquilizers. Like sedatives, tranquilizers have a depressing effect, but when used in normal doses they do not reduce alertness; they seldom impose the limitations of barbiturate-type chemicals on either physical or mental performances. Another big difference between the two families of drugs is described in "The New Connection," a recent book by John H. Frykman, director of the Drug Treatment Program of the Haight-Ashbury Medical Clinic. "Whereas the sedatives release inhibitions stored in the primary brain stem," says Reverend Frykman, "the tranquilizers wall off this primary area." In other words, instead of "letting loose" the user's deepest inhibitions, which may be potentially dangerous to himself or to others, tranquilizers work by "locking up" these impulses.

This explains why "major" tranquilizers (antipsychotic agents), mainly used in institutions—phenothiazine, for example—have proved so effective in the control of psychotics and have virtually revolutionized the treatment of mental illness. The type of drug generally prescribed for the public at large—"minor" tranquilizers (antianxiety agents) such as chlordiazepoxide (Librium)—are valuable in relieving milder emotional problems and reducing extreme tension. They are also good muscle relaxants.

A significant minority of the people who use tranquilizers will experience undesirable side-effects: dizziness, skin rash, chills, upset stomach, drowsiness, fever, some loss of coordination. Chronic overuse invites the same kind of symptoms that characterize overindulgence in barbiturates. But tranquilizers pose little danger of genuine addiction. Some experts, in fact, believe there's no such risk at all—and the chances of becoming psychologically dependent on these drugs, or of developing a tolerance that leads to massive doses, are also considered slight. Fatal over-consumption has been reported only rarely.

Pep pills. Benzedrine, Dexedrine, and other stimulants taken "straight" (as distinct from diluted stimulants such as nicotine and caffeine) are mostly amphetamines or amphetamine-type compounds whose effect on the central nervous system is the reverse of that caused by barbiturates. Basically, amphetamines, sometimes called "uppers," accelerate the engine. Heart rate becomes faster, blood pressure climbs, alertness

Continued

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increases, dexterity may improve, excitability is superimposed over feelings of fatigue, and the body's whole metabolic system speeds up.

The legitimate medical uses for amphetamines are few. Some doctors, in fact, think these drugs should be restricted to the treatment of two disorders, both rare: narcolepsy, in which the patient keeps falling helplessly asleep, and hyperkinetic behavior in children. Paradoxically, some youngsters who are disruptively overactive can become calm after taking drugs whose usual effect on adults is just the opposite.

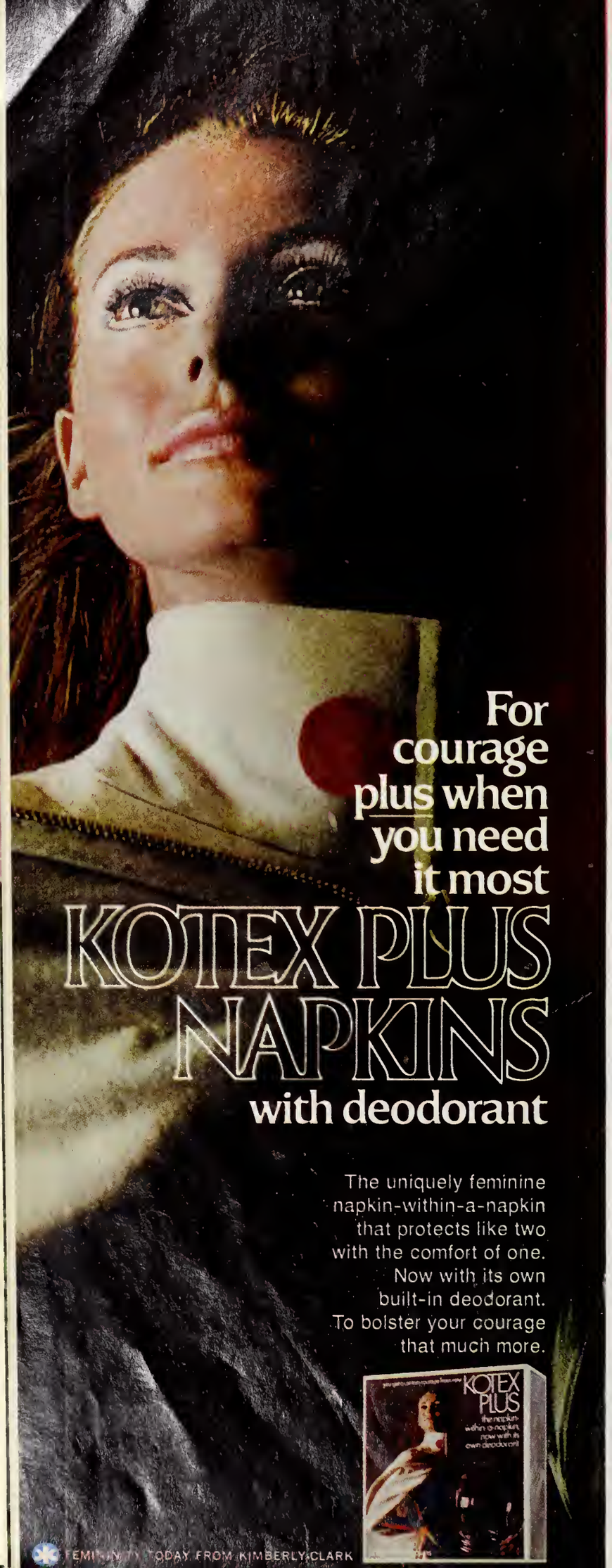
To treat every case of these ailments in the entire United States would require an annual total of well under a hundred thousand pills. But the number of amphetamines actually produced in this country exceeds eight *billion* every year. Small wonder that one authority, Dr. John D. Griffith of the Vanderbilt University Medical School, says, "Amphetamine abuse is a major health problem—many times more serious than narcotic addiction." Typically, the trouble begins innocently enough—maybe with a housewife who feels down in the dumps, or a student fighting sleep during an all-night cram session, or a truck driver anxious to push on and reach Cleveland. In each case, a pep pill might see the individual through the crisis, and if he stops there, no harm has been done. Used sparingly under the guidance of a conscientious doctor, amphetamines can provide a valuable lift in a pinch. For example, when the astronauts limping home in Apollo 13 were so weary they inadvertently pushed a number of wrong buttons, they were instructed to take pep pills to improve their performance during the critical reentry maneuvers.

But many people rely on chemical crutches too often. They build up a tolerance that calls for larger doses and frequently become psychologically dependent on amphetamines; the risk of habituation is high. Soon these people may be taking pep pills as if they were peanuts—sometimes in doses more than a hundred times stronger than would normally be regarded as safe. Then come the symptoms of chronic abuse: jitteriness, malnutrition, extreme irritability, exhaustion, insomnia, and finally psychosis—mental derangement. "Following the continued usage in some people," says Dr. Julius Axelrod of the National Institute of Mental Health, "amphetamines produce a condition that is clinically indistinguishable from paranoid schizophrenia."

Diet pills. Technically, these drugs are anorexiants, from the Greek word meaning "want of appetite." That name does not designate their chemical composition. Chemically, most "reducing pills" are amphetamine-type compounds, very similar in their effects to pep pills. Of all the amphetamines prescribed in this country, more are prescribed for obesity reduction than for any other purpose.

In theory, these stimulants suppress the user's appetite; he (or she) eats less and therefore loses weight. But many doctors question whether it really works that way. In long-term (more than a few weeks) programs of weight reduction, the superiority of diet pills to a placebo has not been demonstrated. A placebo, of course, is a pill that contains no active medicine.

After the first couple of weeks, many overweight patients keep swallowing their diet pills but revert to their old eating habits. As the needle on the scale climbs, they may start to take *more* pills, which may seem a lot easier than swearing off desserts, but which invites the same troubles as overuse of pep pills. ■



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Let's Harness those Go-

Already more than one million snowmobiles are breaking the peace of our northern fields and forests. Another breed of go-anywhere machine, the so-called all-terrain vehicle (ATV) which is designed to go most anywhere, is now selling at the rate of 60,000 a year. Soon there won't be any place, no matter how removed, where you can count on solitude and silence.

We don't go quite so far as the National Parks and Conservation Association which equates these playthings with machine guns. Snowmobiles and ATVs are not all bad.

They have opened up snowbound towns. They have been instrumental in rescues, and they have made it possible to quickly repair isolated power and telephone lines. They have enabled law enforcement officers to patrol areas way off in the backcountry.

Above all, with their amazing mobility, these new machines have added a lot of fun to life.

But cross-country vehicles cannot continue unregulated, lest we sacrifice all that's left of our wilderness.

Even the president of Busse Bros., Inc., an ATV manufacturer, admits candidly, "There is no doubt in our minds that snowmobiles and ATVs can be a very destructive factor in upsetting the balance for all kinds of game, and will not only require more comprehensive regulation, but possibly some basic decisions on priorities for land use."

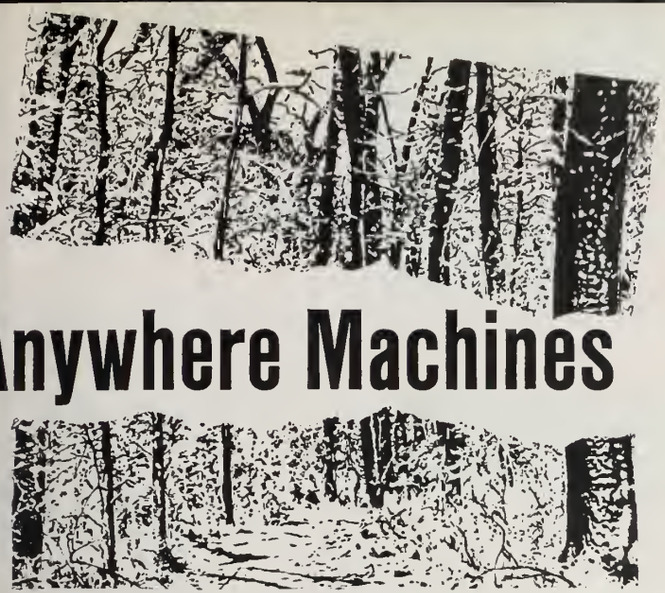
Suggested legislation

Only a handful of Canadian provinces and a few states have laws governing ATVs and snowmobiles. This is not enough. All of us must work toward the legislation necessary to keep them from becoming unregulated nuisances.

Urge action from your city council, from your state legislators, from your state's conservation agency. Try to influence any public official at any level whose voice may aid this cause. Tell them what's needed:

1. A definite noise limit. One leading manufacturer of engines concedes that "many ATV buyers, like snowmobile buyers and dragsters, tend to identify noise with speed and power." Thus, a legislated noise limit will not only reduce the ruckus but take some of the kick out of the sport for those most likely to use cross-country vehicles irresponsibly. The noise limit should be in the 80-decibel range, which is the approximate level in a car traveling at 50 m.p.h. Efficient mufflers must be required equipment to keep the sound at this level or less.

2. Confine these vehicles to specified trails in specific



Anywhere Machines

areas, or at least set aside areas where they are absolutely prohibited.

3. Require all snowmobiles and ATVs to be numbered and registered for easy identification and law enforcement.

4. Give control and enforcement responsibilities to state conservation agencies. Just think: the advertising for one ATV boasts that "Even 2- to 3-inch trees topple . . . Compare to a tank . . . just drive right through trees and brush . . ."

5. Set a minimum age requirement for operators, probably no lower than 14. The possibility of requiring a special license should also be considered.

6. Establish an absolute ban on hunting and harassing wildlife from these vehicles, and make it an offense to carry loaded weapons of any kind aboard or discharge firearms from the vehicles. This regulation must provide stiff penalties for violators.

Immediate steps

Getting legislation through takes time, of course. In the meanwhile, it's a hopeful sign that a number of companies in the cross-country vehicle business are trying to improve the situation.

For instance, Rockwell Manufacturing Co., a producer of engines for both snowmobiles and ATVs, says its goal is to make them as quiet as the average car. ATV Manufacturing Co. is working on a driving code which tells how its machines should be handled in order to prevent ecological damage. The Outboard Marine Corp. has set up an environmental affairs department, and Massey-Ferguson Inc. is working with government agencies on environmental considerations. Industry trade organizations are increasingly conscious that they must help set standards for this new sport.

But for right now it's really up to the vehicle owners themselves to act as civilized humans. If you are one of them, here is what you can do to help:

Don't be a nuisance. Admit that your machine makes more noise and can cause more damage than you'd like to think—then act accordingly.

Help disprove the so-far well-founded charge that "most vehicle-oriented sportsmen turn out to be spectacular litterers."

Organize snowmobile and ATV clubs, and aid your group in taking responsible stands on safety, good sportsmanship and sound vehicle legislation.



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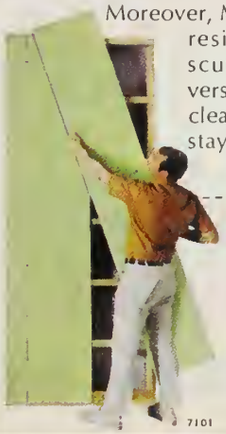
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If you are planning a trip overseas next summer, you should be filling out a passport application right now. As the number of Americans traveling abroad continues to increase at an explosive rate, passport agencies are often flooded with paperwork. And that means a longer wait between filing an application and receiving your passport.

Actually, obtaining a passport is a fairly simple procedure. You can get an application from a passport agency (in Boston, Chicago, Honolulu, Los Angeles, Miami, New Orleans, New York, Philadelphia, San Francisco, Seattle and Washington, D. C.) or from the clerk's office of a federal or state court in your community.

Once you've filled out the application, you'll have to appear in person before a passport agent or court clerk to file. If husband and wife are to be included in one passport, both must appear. Unmarried children under 18 who also are to be included in the passport need not appear.

In addition, you'll have to bring:

- Proof of your U.S. citizenship. A birth or naturalization certificate is preferred. Baptismal certificates or other church ceremonial records are acceptable if a birth certificate is not available.
- A current identification document—your driver's license, government or business I.D. card or your previous passport.
- Two duplicate full-face photographs ($2\frac{1}{2}$x$2\frac{1}{2}$ to 3x3 inches). Duplicate group photographs are preferred if your wife and/or children are to be included in your passport. In either case, photographs must be professional quality prints. Vending-machine photos, acetate or film base prints, snapshots or full-length photographs are not acceptable. Usually there are photo studios convenient to a passport agency that will make the pictures you need at a nominal cost. Passport office clerks are not permitted to recommend or suggest a photo studio.
- A check, money order or cash for the $12—$10 passport fee and a $2 execution fee.

Taking care of your passport

As soon as you receive your passport, which at present is valid for five years, sign it as indicated. Until you do so, it is *not* valid. Also fill in the information required on the inside front cover.

Guard your passport carefully and keep it in good condition. When you're traveling abroad, it's best to keep your passport with you at all times. Don't give it to anyone to hold as collateral, and don't alter it in any way.

If you lose your passport, report the

Continued



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Let yourself into a most important beauty secret—how to cherish the splendor of your lovely complexion with as little effort as it takes to smooth on a film of tropical moist oil.

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Your skin has a natural hygroscopic (moisture-attracting) ability. Oil of Olay provides for a continual supply of fresh moisture to the skin, therefore guarding against dehydration. It is also a perfect base for make-up.

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loss immediately to the Passport Office, Department of State, Washington, D.C. 20524, or to the nearest American consular office.

When you apply for a new passport to replace the one you have lost, you must furnish a detailed affidavit explaining all the circumstances of the loss.

Inoculations for travel overseas

U.S. law requires that before you can reenter the country from abroad, you must present a valid International Certificate of Smallpox Vaccination indicating you have had either a successful primary vaccination or revaccination within the past three years. Of course, this also protects you while abroad, so you should have it done before you leave. You can obtain at a passport agency a smallpox certificate to be completed by your own doctor or by your local Board of Health. If you're vaccinated by your own doctor, your local Board of Health must affix the approved stamp certifying the doctor's signature.

For travel to some parts of the world, other inoculations are recommended and sometimes required before you return to the United States. You can obtain this information from a U.S. Public Health Service office, travel agent, local Board of Health or the Foreign Quarantine Program, National Communicable Disease Center, Atlanta, Ga. 30333.

Visas and other entry documents

Many foreign countries require you to obtain a visa from one of their consular officials in the U.S. before you enter their territory.

A visa is usually a stamped notation in your passport by a consular official. Though pleasure travel is fast becoming visa-less, there are still exceptions. Your travel agent will know if visas are required for your particular trip, and he can help you obtain them.

Most Western European countries do not require them for tourist visits, nor does Canada or Mexico. If you're traveling to South or Central America, or the Caribbean, check with your travel agent or transportation company. Some of these countries require a passport and visa, others require a passport and tourist card, while some only require a tourist card or evidence of onward transportation. Tourist cards are easily obtained through your travel agent or transportation company.

Customs regulations

As a general rule, if you've been out of the U.S. for at least 48 hours, you may bring back $100 in merchandise duty-free. Each member of your family—even an infant—is entitled to the $100 exemption. When your family travels together, you can total your exemptions.

If you are taking foreign-made articles—cameras, binoculars, watches—with you on an overseas trip, it's a good idea to have documents of ownership (a purchase or repair receipt, or a certificate of registry obtained in advance at a customs office). All your foreign-made articles are figured against your duty-free allowance unless you can show they were not purchased on your trip.

For details about duties and other U.S. customs regulations, consult the booklet, "Know Before You Go," available at a U.S. Customs Office or passport agency. ■



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GOOD NEWS



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Fill the reservoir with tap water (it's warmed automatically) and drop in a bar of soap — or end-of-bar scraps. Touch the operating lever, and whirling brushes whip the soap into foaming suds.

Unit mounts on wall or stands on counter and operates on household current.

Sunbeam Soap Dispenser $24.98 in stores. Sunbeam Corp., 5400 West Roosevelt Rd., Chicago, Ill. 60650.



This peripatetic shaver is its own carrying case. The shaver body snaps on to matching cover to convert razor to a sleek unit ready to pack. Cover protects shaver head, stores cord and cleaning brush and has a shaving mirror in the lid. Unit also has a wall rack for convenient at-home use. The shaver also features full-width trimmer with on-off switch so that trimmer operates only when needed.

Ronson 1000XL complete with extra cutter and screen set $29.95 in stores.



Eliminate clock watching from cake mixing. This mixer features a timer that can be preset for any time interval up to ten minutes—shuts mixer off when cycle is complete.

The mixer head stands on end and can be removed from the base for portable use. Sliding speed control is right under your thumb, lets you select any of nine speeds without moving your hand.

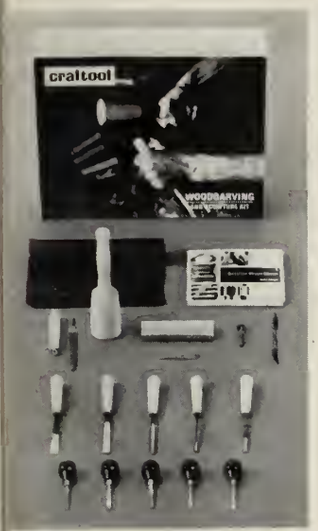
Hamilton Beach Mixer Model 35-T $44.95 with two bowls in housewares depts. Hamilton Beach, Div. of Scovill, Waterbury, Conn. 06720.



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Body Toner Shower Head $19.95 in four finishes at hardware and dept. stores. H. B. Sherman Mfg. Co., Battle Creek, Mich. 49104.





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General Electric Electronic Digital Clock-Radio $100 at dio and appliance dealers.

Spray paint with an electric drill? You can with this handy ¼-inch drill accessory. The compact sprayer attachment can be used with any electric drill but for maximum air pressure, use a drill with speed of 2000 RPM or higher.

Kit contains spray gun, compressor, drill stand and five feet of hose.

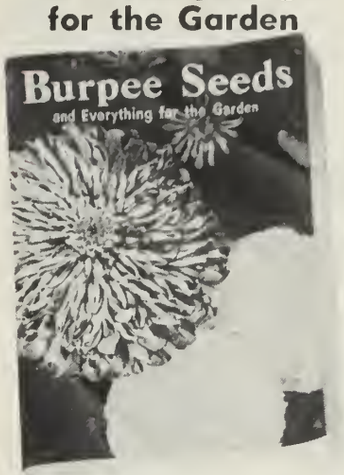
Little Pro Spray Kit $24.95 in hdwe. depts. Thomas Industries Inc., Box 1643, Louisville, Kentucky 40201.

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Keeping on top of the market

"Investigate before you invest" says a slogan coined by the nation's largest brokerage house. Of the all the folklore known to Wall Street, this may be the only saying that can be taken as holy writ by every investor.

No amount of investigation, of course, can insure that a stock will prove a winner. If it could, the 20,000 professional investigators (Wall Street calls them "security analysts" or just plain "analysts") would become millionaires, and few of them are. But investigation can avert costly mistakes, which is half the battle.

It's certainly not enough to investigate, buy a stock and then forget about it. Fortunes have been made by doing just that, but it's a policy that relies too much on luck. A stock that has been a fine investment for one year—or ten—can suddenly run into trouble from new competitive challenges, governmental decisions, market saturation or social changes.

Some television stocks quadrupled in price between 1963 and early 1966. By the beginning of 1970, they had lost half of their gains. The airline stocks skyrocketed from 1962 to mid-1966; the following four years they experienced an equally precipitous decline. That classic blue chip, Dupont, after reaching a price of 293 in 1964, proceeded to decline steadily and fell below 100 in the early part of 1970.

Long-term investors should be able to ride out the setbacks caused by market weakness or temporary problems. But how can they tell whether the problems will be temporary unless they investigate? Anyhow, why wait for hard-earned profits to be eroded before making a checkup? By keeping an eye on your stocks and reviewing their prospects periodically, you can save yourself some bitter disappointments.

Investors with a sizable portfolio, or those who are fairly active in the market, c get a good deal of help fr their broker. But what if y don't care to depend entir on your broker's opinions, don't have regular access competent professional gu ance? You'll find that do yourself investigation is not difficult as it appears—and can become a fascinating a cation. Market-oriented pu lishers churn out an ov whelming amount of inform tion. Some of it is free; mu of the rest of it is relativ inexpensive.

When you check sto prices in your daily newsp per, watch the front page a the financial section for velopments that could aff your stocks. If you're am tious enough to cope with f daily coverage of the busin and investment scene, yo find it crisply and lucidly p sented in *The Wall St Journal*. Then there is *B ron's*, a 50-cent weekly tha required reading among W Street professionals. Its f tures include knowledgea commentaries on the mark articles on business trends a companies, and a special s tion that's devoted to sto and-bond prices, earnings a dividends.

In the magazine field, *For* probably does the most s viceable all-round job for t average investor. *Busin Week* and *U.S. News & Wo Report* don't focus, as *For* does, on the investment sce But they deal in greater dep with business and politi trends that influence the m ket. And shareholders w buy any of the news weekl should be sure to glan through both their busin and financial sections.

A major source of free formation is the company a nual report, which can be tained simply by writing it. Those put out by smal concerns usually conf themselves to the minimu requirements—the chief ecutive's report and the b ance sheet and income sta

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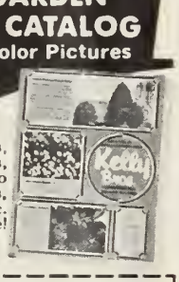
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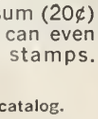
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nent (followed by accounting otes). The larger companies ssue lavish, magazine-like roductions that discuss the roblems and prospects of ach major division, and offer harts showing sales, earnings nd profit margins. The best re extremely informative, ut with this reservation: Management always puts its est foot forward, and total andor about existing difficul- es (and potential problems) too much to expect.

The financial pages of met- opolitan newspapers often arry ads for brokerage house eports, which you can get by ailing in a coupon. (You'll robably get a follow-up call om a broker offering his ervices, but don't consider ourself under any obliga- on.) The larger brokerage rms spend $500,000 a year d up on research, and they roduce well-documented re- orts, prepared by experi- ced analysts who are thor- ughly acquainted with the ompanies they recommend. ome of the smaller brokerage ouses, too, offer good re- earch in a limited number of eas. Let's face it, though. A ir amount of the research aterial showered on private vestors is at best run-of-the- ill, and at worst downright perficial. With practice, ou'll be able to tell the dif- rence between hackwork d superior analysis.

Some of the most valuable veaways in the financial orld are the free lecture urses offered by leading okerage houses. Watch for nouncements in the finan- al section of your paper.

Every investor should have aried sources of reference at and. The simplest way to art is with the brochures ublished by the two major ock exchanges. If you have broker, see what he has to fer. If necessary, get cata- gs and price lists (the arges are trifling) by writ- g to: (1) Publications Divi- on, New York Stock Ex- ange, 11 Wall Street, New York, New York 10005; (2) Information Services Division, American Stock Exchange, 86 Trinity Place, New York, New York 10006.

The single reference source most widely used by professional investors is Standard & Poor's *Stock Reports*, which provide highly condensed summaries (continuously updated) of nearly 5000 companies. The cost of this service is prohibitive for most private investors, but you can get individual Stock Reports through your broker. Another leading reference source is Moody's *Handbook of Common Stocks*, a quarterly that sells for $48 a year.

For those willing to pay annual subscriptions ranging from ten to 200 dollars and more, there is quite an array of investment advisory services. These run the gamut from sleazy tout sheets to long-established, reputable services that provide broad weekly coverage of the market and economy. Among those best suited to the average investor are Standard & Poor's *The Outlook* ($72 annually), Moody's *Stock Survey* ($144), United Business Service ($88) and *Value Line Investment Survey* ($167). Select Information Exchange (2095 Broadway, New York 10023) publishes a comprehensive *Guide to Business and Investment Services;* it also offers a $27 Christmas stocking-full of goodies—30 four-week trial subscriptions and a $27 credit on any full-year subscription. ■

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Doing your own pizza

Tossing the crust doesn't actually make it more tender, but you'll have a ball making other people think so! Give vent to the ham in your personality. Once you have the dough in the pans, choose from either of the toppings, then bring out the Chianti.

Photograph: Hopkins



Classic Pizza Crust

1 package active dry yeast
2½ cups sifted all-purpose flour
1 teaspoon salt
1 cup warm water
1 tablespoon cooking oil

In large mixer bowl, combine yeast, 1 cup of the flour and the salt. Add warm water and oil; beat at low speed of electric mixer for ½ minute, scraping sides of bowl. Beat 3 minutes at high speed. By hand, stir in enough of the remaining flour to make a stiff dough. Knead till smooth, 8 to 10 minutes. Place in greased bowl, turning once to grease surface. Cover and let rise till more than double, about 1½ hours. Punch down; cover and chill till cold, about 2 hours. Cut dough in half. On floured surface, roll each half to 12-inch circle, about ⅛ inch thick. Place in two greased 12-inch pizza pans; crimp edges. Brush each with an additional 1 tablespoon cooking oil. Makes 2 pizza crusts.

Pepperoni Pizza

Great with Sunday football—

1 15-ounce can (about 2 cups) tomato sauce
½ cup chopped onion
2 teaspoons dried oregano, crushed
2 cloves garlic, minced
8 ounces pepperoni, thinly sliced
8 ounces shredded mozzarella cheese

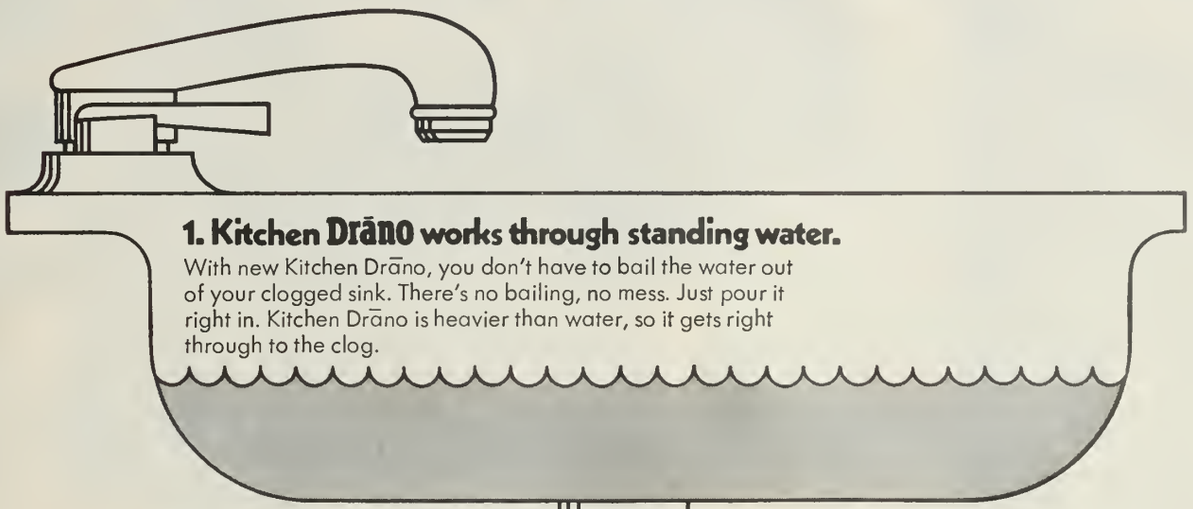
Prepare Classic Pizza Crust Mix together tomato sauce, onion, oregano, garlic and dash pepper; spread over the unbaked crusts. Scatter pepperoni over crusts, reserving some for trim. Sprinkle with mozzarella cheese. Top with reserved pepperoni. Bake in 425° oven for 23 to 25 minutes. Makes 2 pizzas.

Mushroom and Cheese Pizza

½ cup chopped onion
1 clove garlic, minced
2 tablespoons cooking oil
1 6-ounce can (about 1 cup) sliced mushrooms
1 6-ounce can tomato paste
2 teaspoons brown sugar
1 teaspoon dried basil, crushed
1 teaspoon dried oregano, crushed
½ teaspoon salt
¼ teaspoon pepper
½ cup grated parmesan cheese
6 ounces mozzarella cheese, cut in thin strips

Prepare Classic Pizza Crust. Cook onion and garlic in hot oil till tender. Stir in *undrained* mushrooms, tomato paste, brown sugar, basil, oregano, salt and pepper. Heat, stirring occasionally. Spread over unbaked pizza crusts. Sprinkle with parmesan. Bake in 425° oven for 20 to 25 minutes. During last few minutes of baking time, top with mozzarella cheese. Makes 2 pizzas.

NEW KITCHEN Drāno® SOLVES ALL 4 KITCHEN DRAIN PROBLEMS.



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That's because Kitchen Drāno has a grease-cutting solvent you don't get with other leading liquids. Just half a capful of Kitchen Drāno once a week prevents grease from building into a clog. Keeps your drain free-running, too.



3. Kitchen Drāno cleans and deodorizes garbage disposers.
You wouldn't dare use other leading liquid drain cleaners in your disposer, because their caustics would be damaging. Not so with new Kitchen Drāno. It's ideal for keeping your disposer clean, free of grease and residue. Two capfuls a week keep it fresh smelling too.

4. Kitchen Drāno has enzymes that help it eat through food clogs.
All those little food particles that sneak down your drain can cause clog problems. But the enzymes in new Kitchen Drāno actually help it eat through those clogs. They won't harm your pipes or septic tank either.

Kitchen Drāno costs about 1/2 as much to use.
New Kitchen Drāno is concentrated. So one little capful is all you need to unclog. With caustic liquids, you have to use half a big bottle. (Our measuring cap makes sure you are using just the right amount, too.)



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HOW THIS SPECIAL ISSUE CAME TO BE

The phrase, "good design," often sounds pretentious because some people use it just that way. When the editors of Better Homes and Gardens decided to prepare an issue on "good design," we knew there was the risk we might seem to be preoccupied with "design for design's sake." That has never been how we think of our magazine—or how we want you to think of us.

So, why an issue on good design?

Because we feel that today, with the great proliferation of things to buy for the home, a responsible magazine must help its readers select those products which will contribute to a better life. It's time to recognize the fact that "good design" is no longer an esoteric concept reserved for the wealthy or the fussy few.

We do have strong ideas on what well-designed products should be: *good-looking*, yes, but also *useful, good value for the money and available to everyone.*

We have applied these criteria to all of the 400-plus products chosen for this special issue.

In making the selections, our editors visited the major markets all over America, looking for products that fit our requirements. After the search came the job of assembling for photography. Using only one location was out of the question, so we had the cameras clicking in studios in New York City, High Point, N.C., Chicago and the West Coast.

As is always the case when we prepare a special issue of Better Homes and Gardens, we learned a lot: there is indeed excellent design available in America, in every kind of product, in every price range. We found far more things than we had space to show, but we trust this selection will help you the next time you need a product and want to be sure of its usefulness, its value—and its good design.

The Editors

Photographs for this feature by: de Gennaro, Helms, Dieter, Newman, Hopkins, Alderman Studio

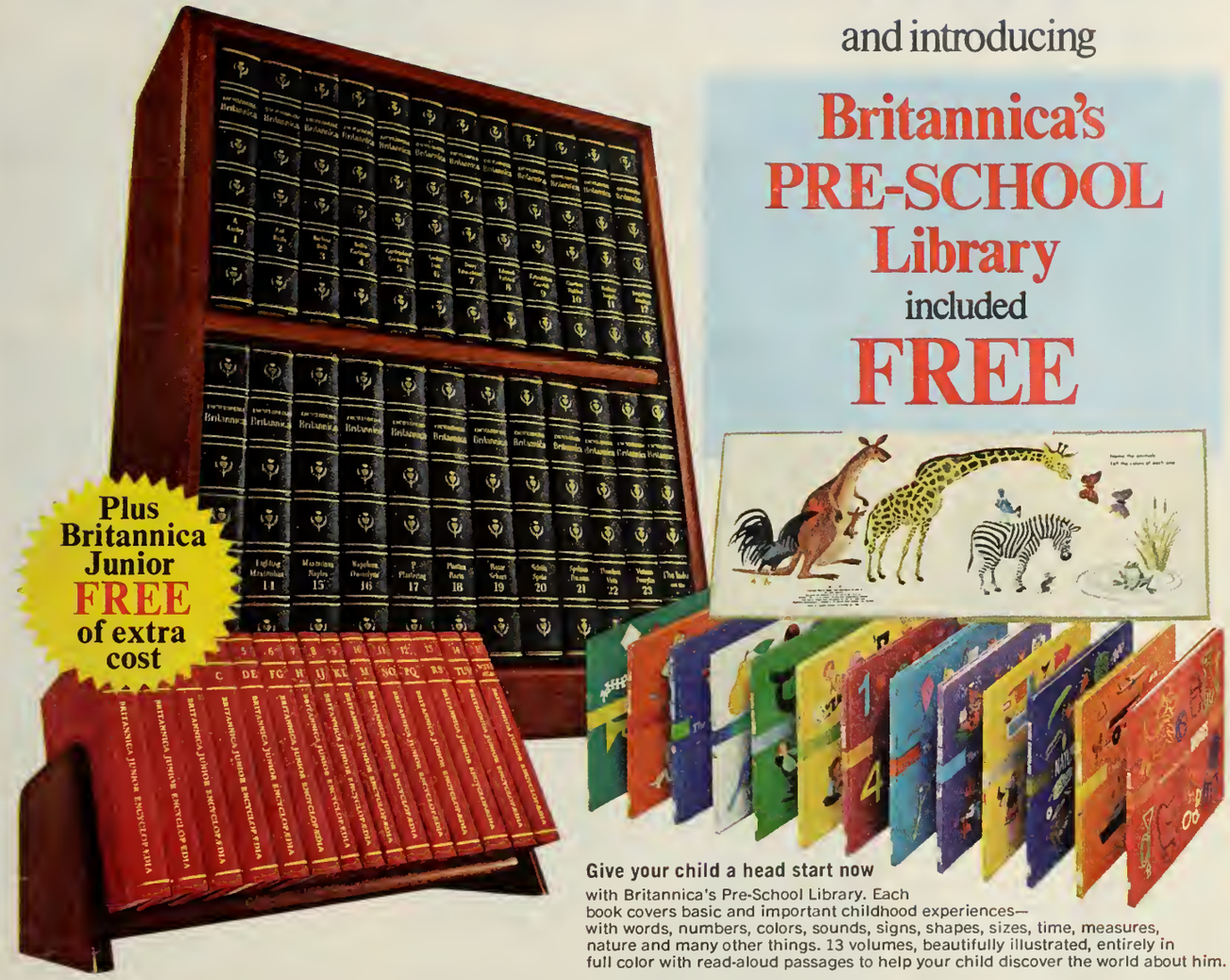
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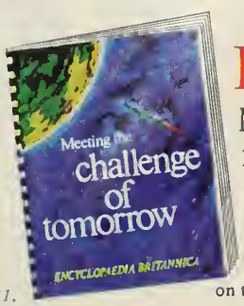
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A

Four wooden-handled, stainless steel barbecue tools with leather hooks make grilling easy. "Cheftender," $11.00. George E. Taylor Co., Inc., 225 Fifth Ave., N.Y., N.Y. 10010.

B

The covered charcoal grill of rust-free cast aluminum (front) is available in Robin Blue or Sunflower Yellow. Diameter is 16 inches. The stationary gas grill (rear) has a built-in counter top, an adjustable grate, 360-degree rotation to prevent smoke from getting in your eyes, push-button lighting and big capacity. Charcoal grill, $19.95, Buddy L. Corp., Glaser Products Div., 220 Fifth Ave., N.Y., N.Y. 10010. Gas grill, $175.00, Coleman Gas Grill, Patio Products Div., 250 N. St. Francis, Wichita, Kan. 67201.



C

Latest range design has no visible burner openings or heating elements in its smooth, easy-to-clean flat surface. An eight-piece set of coordinated cookware especially designed to provide efficient, controlled cooking is included, $349.95. Corning Glass Works, Corning, N.Y. 14830.



D

This compact range is eligible for anytime use in the family room or kitchen. The cooking is done in any of five thermostatically controlled pots and pans that plug directly into a foldaway plug panel, $499.95. Pan-O-Matic, The Tappan Company, 180 Park Ave. W., Mansfield, Ohio 44903.

If you were to buy a dishwasher today, would you know which one to buy?

A good start would be to look or a dishwasher that's made by a rofessional dishwasher company.

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We're the oldest and largest aker of commercial dishwashers in e world. And we've been making itchenAid dishwashers for the home r over 20 years.

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Through the years, KitchenAid as earned a fine reputation. Because its reliability and day-in, day-out per- rmance. And it's built to last.

Why is the KitchenAid Superba popular? Because it offers what omen want most in a dishwasher.

It features Soak Cycle,* which utomatically soaks dirty pots and



ans right inside the dishwasher.

And SaniCycle is another fea- re you'll appreciate. SaniCycle pre- eats the final rinse water up to .0° to give your family extra health otection.

Another thing to look for in a dishwasher is loading capacity and convenience.

KitchenAid is more than an average dishwasher so it holds much more than an average dishwasher load. The top rack adjusts to 9 sepa-



rate positions to make room at the top for deep bowls, and to accommodate tall platters in the bottom rack. And both racks pull all the way out so loading is easy.

A company that makes commercial dishwashers has to know how to get dishes really clean.

KitchenAid washes so thoroughly, there's no hand-rinsing the dishes before you machine-wash the dishes. Even with a plate that has egg on its face.

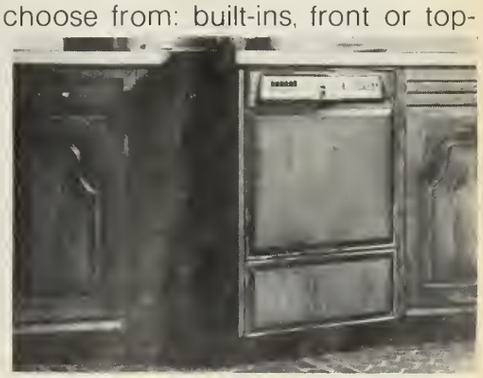
For safe, thorough drying of crystal, fine china, good plastic, and silverware, KitchenAid uses a separate heater and fan that circulates hot, sanitized air over, under and around each piece. There are no hot spots, unlike dishwashers that only have a



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KitchenAid maintains that the inside of a dishwasher should stay as beautiful as the outside. So the inside of every KitchenAid has two coats of premium porcelain enamel plus an overglaze to protect the wash chamber from scratches, food acids and strong detergents.

KitchenAid gives you the most complete line of dishwashers to choose from: built-ins, front or top-



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A



B



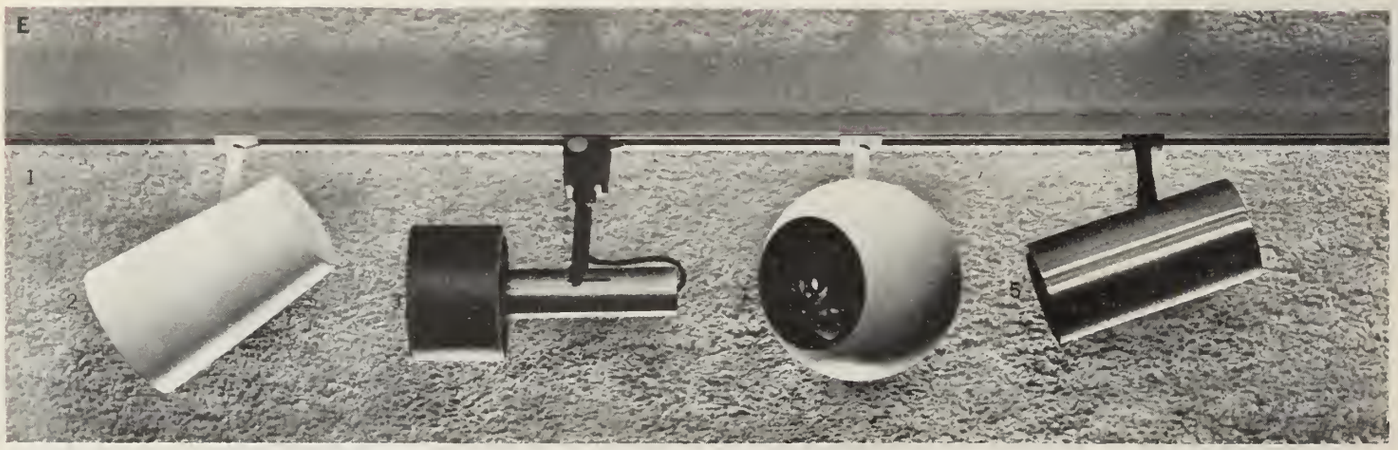
C



D



E



A

Nesting tables for any room in the house come in six exciting colors: sun yellow, tangerine red, bittersweet orange, parrot green, black and white. Made of ABS plastic by Monsanto. The set of tables measures 17x16", 17x13", 17x14½", $34.95. Polyform, 205 Lexington Ave., N.Y., N.Y. 10016.

B

Grater is safe in dishwasher, sits on its own mixing bowl, has three different size holes and comes in three colors, $1.98. Villaware, Federal Housewares Div. of Nibot Corp., 3600 W. Pratt Blvd., Chicago, Ill. 60645.

C

Clock radios in tune with the times: 1. Walnut-grained plastic, AM/FM, digital clock radio, $49.95. Sylvania, 730 Third Ave., N.Y., N.Y. 10017. 2. Midnight Black clock radio with wink alarm and slumber switch, $39.95. Magnavox, 270 Park Ave., N.Y., N.Y. 10017. 3. A nighttime dimmer softens the clock face, and dial lights up when radio is being used, $69.95. Hitachi Sales Corp. of America, 48-50 34th St., Long Island City, N.Y. 11101. 4. Cube-shaped clock radio is made of simulated walnut with easy-to-read and up-front clock controls, $19.95. Sony Corp. of America, 44-47 Van Dam St., Long Island City, N.Y. 11101.

D

For babies it's a rattle ball, for toddlers a learning experience when blocks are inserted into the corresponding slots. Preschoolers get a head start by matching numbers to dots, learning to count and using the blocks for clay molding and cookie cutting, $2.98. Shape-O Set. Tupperware, Orlando, Fla. 32802.

E

The track which serves as a support and power source for the Lytespots is available in curved as well as straight units. The Lytespots clip on at any point on the track, swivel horizontally or vertically. 1. Track, 4 ft., $22.15; 8 ft., $36.00. 2. Lytecone, $25.65. 3. Universal with Shield, $31.90. 4. Lytesphere, $48.25. 5. Multi-Groove, 75-watt, $31.90. Lytespan: Flexible Accent Lighting by Lightolier, Jersey City, N.J. 07305.

lectronic cooking for short-order cooks.



Order #1. The 26-minute roast. It's 7 p.m. Your nd brings the boss home for dinner without g you. The boss is a beef eater at heart. y, you have a 5-lb. roast in the freezer. ıe electronic oven it goes, and 26 es later the boss digs in as your nd smiles.



Short Order #2. The 8-minute dessert tray. At 2:30 p.m., the dessert bridge comes to your house. Surprise! 17 hands later, while dummy, you pop the frozen goodies into the electronic oven. In 8 minutes, you're dealing with ooh's and aah's.

Short Order #3. The 7-minute scoutarama. It's 5:10 and from out of nowhere comes the Beaver Patrol. Before they can say they're starved 3 times, a frozen pizza is popped into the electronic oven, and 7 minutes later you're queen of the Beaver Patrol.



Order #4. The 14-min- sserole. It's 6:30 p.m. ıu're home late from fice. At 7:00, your is due for dinner. He's ıg his mother, the cook. Never! Into the elec- oven goes Casserole stique. 14 minutes inner is enjoyed by all, late is set.



GE SERVICE
Seldom needed, always nearby.

General Electric's Versatronic® Range has an electronic oven that cooks up to four times faster than your present oven (unless it's electronic, too). Some foods even faster.

It turns an afternoon of cooking into a 30-minute "short order" you can put in at 5:30 and serve by 6:00.

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Versatronic Range, Model J856

This incredible range is available in both the new 30" single-oven version and traditional double-oven Americana style.

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And both have dependable solid-state oven temperature control, infinite heat surface units (one is the amazing automatic GE Sensi-Temp® unit), and other features your GE dealer will point out.

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Pennsylvania House

Fixtures have to be functional, of course. But good design can turn them into decorative accents all around the house.





A

Modric door hardware by Algood. Available from Doors, Inc., 512 S.W. 9th St., Des Moines, Ia. 50309. Clockwise from top: Plate and knob, $14.85; plate and wire handle, $10.00; pull, $9.20; plate and lever, $21.00; plate and pull, $4.25; center—plate and knob, $3.20.

B

This functional hardwa
the bath is easily ins
and doesn't tarnish.
able from Doors, Inc.,
W. 9th St., Des Moin
50309. Toothbrush h
$2.40; towel ring, $
glass and toothbrush h
$5.20; towel rod, $
Modric hardware by A

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AND
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IN

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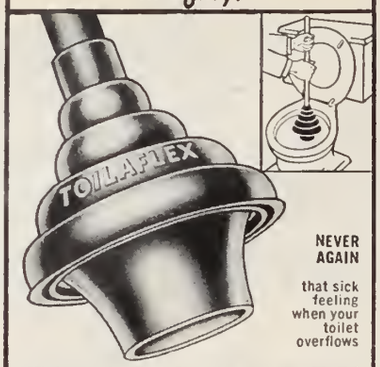
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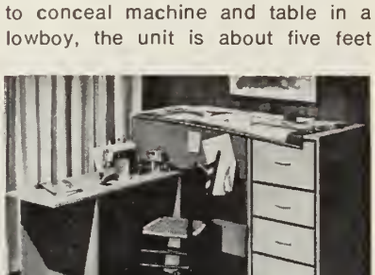


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wide, 42 inches high for stand-up cutting on its top, and 24 inches deep to accommodate folded 48-inch fabrics. There are four generous drawers for storage of patterns, needles, thread, and so on. The Secret Sewing Center is built from our Project Plan number 3810-1, priced at $2.00. Order our project plan catalog, too, picturing many ideas for home improvement, at just 50¢.

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A

Pierre Cardin's new "Vis-a-Vis" design, shown here, is also available in sheets, pillowcases, blankets, and bedspreads. Bath sheet, $10; bath rug, $16; towel, $4; vinyl shower curtain, $10. Fieldcrest, division of Fieldcrest Mills, Inc., 60 W. 40th St., N.Y., N.Y. 10018.

B

Elegant "Seville" collection in Mediterranean pattern includes: vinyl tie-back curtains, $4.97 per pair; vinyl shower curtain, $4.97; bath towels, 100-percent cotton terry/velour, $2.97 each; and bath mat, $4.97. Montgomery Ward, 618 W. Chicago St. Chicago, Ill. 60607.

"Your life is many stories... let us help you write them"

One of America's best-known writers tells you how you might turn your everyday experiences into enjoyable stories and articles

By Faith Baldwin



Faith Baldwin, one of America's most popular women novelists. Although she runs a household and has brought up four children, she has managed to write more than 100 books, including many bestsellers.

If you want to write, your own experiences are your best stock in trade — even if you haven't crossed the Atlantic in a sailboat or been to the White House for dinner. Most of today's best books, short stories and television plays begin with what the authors saw, heard and felt in the ordinary course of living.

"Take my own case, for instance. I started by writing stories drawn from my own experiences as a young wife and mother. And I've been drawing material for my novels and articles from personal experience ever since. Max Shulman's best-selling novel, *Barefoot Boy With Cheek,* came out of his college days. Rod Serling's amateur boxing career inspired *Requiem For A Heavyweight*. And Phyllis McGinley got the material for *Sixpence In Her Shoe* right at home. The same principle — write about what you know best — holds true for the budding author, too.

"Your own life may be filled with stories begging to be written. Every day brings new subjects: revealing bits of conversation, a sudden flare of emotion, a fact filled with conflict, an incident in the street. To see how close your experiences are to what is being read today, just look through any popular magazine. I'll bet you'll find stories there similar to those in your own life.

"But having something to write about is only half the battle — the other half is bringing it to life for other people. This calls for the craftsmanship that turns your experiences into polished pieces of writing.

"There are two ways to learn this craft. You may acquire it through years of toil, sweat and rejection slips the way I did. But I think the other way is quicker and far less frustrating: you can learn the techniques of good writing.

An unusual kind of writing school

"Several years ago, I got together with a group of outstanding authors to form the Famous Writers School. Our purpose was to help beginners develop their potential by passing on to them what we have learned about writing. The famous authors themselves don't actually grade your papers. But they created the materials for the Course and developed the method of teaching.

"This training is uniquely fitted to a woman's needs — because you study at home, at your own pace, in your own free time. There's no need to follow any schedule but your own. You work at times that are most convenient for you."

Person-to-person teaching

After giving you a solid grounding in the fundamentals of all good writing, the Famous Writers School offers you advanced training in the specialty of your choice. Your instructors are all professional writers or editors. They give your writing personal attention and constructive criticism.

Instead of dealing with a large group of students — each with different problems and talents — they concentrate on your individual needs. They carefully edit your assignments, going over them word by word, line by line, blue-penciling corrections on them just as editors do with established authors. Then they return your assignments to you with detailed letters, giving concrete recommendations on how to make your writing more effective.

Many students break into print

Of course, no one can promise success. But the proof of the School's effectiveness is in the publishing: Famous Writers students have sold their work to more than 700 publications.

Doris Stebbins of South Coventry, Conn., writes, "Your Course made it possible for me to sell six articles to *Woman's Day* for $2,050."

"I've sold twelve articles and one short story," reports Mrs. Frances Morton of San Jose, Cal. "I'm working on another and have three more 'go-aheads'."

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If you've been keeping quiet about your talent, here's a wonderful chance to do something with it. The first step is to mail the attached card for the free writing Aptitude Test. We'll send along with it an illustrated brochure telling you all about the School, our unique teaching method, and about today's writing markets. There is no obligation, of course. (If card is missing, please write to Famous Writers School, Dept. W-1053, Westport, Connecticut 06880. Please give your name, address, age and ask for writing Aptitude Test.)

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A

Display accessories in the proper light with Pedestalites. Available in black, white, mustard, orange, olive and blue. They're topped with ¼-inch opal white glass, illuminated from within. The large Masonite pedestal is priced at $71.50; medium, $58; and small, $44. Available in 1-, 2-, and 3-foot heights. Design Line, Inc., 140 Main St., El Segundo, Calif. 90245. Hanging crystal chimes, "Morning in Athens," $8.50 single strand. H. E. Lauffer Co., Inc., 225 Fifth Ave., N.Y., N.Y. 10010.

B

This obliging table design allows you to add, subtract, or divide individual units depending on the occasion and the space available. The triangular bunching tables, $27.95 per unit, have a polished chrome frame and are topped with smoked glass. Virtue of California, 19801 South Sante Fe Ave., Compton, Calif. 90221.

C

"The Wave" by Danny Ho Fong is another flexible design concept for seating and accessory pieces. Natural finish chaise with headrest, $140; nest of 3 stool/tables, $85. They're also available in outdoor-ized and painted finishes at a slightly higher price. Tropi-Cal, 5731 South Alameda St., Los Angeles, Calif. 90058. Strato-World, Mark One solid-state radio, $149.95. RCA Corporation, 600 North Sherman Dr., Indianapolis, Ind. 46201.

D

From the IDI Phase II collection comes this roundup of unusual accessory furniture, all made of molded plastic. 1. Tier table,



90. 2. Accessory table, $65. Umbrella basket, $35. 4. moking basket, $50. 5. Maga- ne basket, $30. Available in ack, white, red, yellow, orange id green. Founders Furniture, c., Pleasant Garden, N.C. 7313. Colorful umbrellas, $15 ich. Uncle Sam Umbrella hop, 660 Lexington Ave., N.Y., Y. 10022.

E

ood design often comes in nall packages. For example, lt and pepper shakers. 1 & 2. ood, $15.95 each. Dansk De- gns Ltd., Mount Kisco, N.Y. 0549. 3. Lucite pepper mill, 2.50. Barman International, 5 Fifth Ave., N.Y.; N.Y. 10010. Stainless, $25.50 per set. onniers Inc., 605 Madison e., N.Y., N.Y. 10022. 5. Plas- , $13 per set. Bonniers, Inc.

F & G

aptability is an important ality in good design. Shown re is a set of nesting tables, Marema," $97. Designed by F. Frattini in white, yellow, d, blue and green ABS resin, ese tables can be arranged to m a low nest of tables or a gh stacking display unit. Ate- r International, 139 East 57th , N.Y., N.Y. 10022.

H

evidenced by these ready- de draperies of 100-percent cotton, bold geometric designs are now available with modest price tags. 1. "Tempest," screen printed, 48x90 inches, $15.98 a pair. "Many Moods" collection. Sears, Roebuck and Co., 925 South Homan Ave., Chicago, Ill. 60624. 2. "Swing-In," 48x36-inch cafe curtain, $7, and 54x12-inch valance, $4. Kenneth Home Fashions, 339 Fifth Ave., N.Y., N.Y. 10016. 3. "Kinship," screen printed, 48x90 inches, $15.98 a pair. "Many Moods" collection. Sears, Roebuck and Co. 4. "Maxi," 48x90 inches, $16. Kenneth Home Fashions. 5. "Vagabond," screen printed, 48x90 inches, $15.98 a pair. "Many Moods" collection. Sears, Roebuck and Co.

I

These innovative designs exemplify the age of plastics. With the development of plastic, designers were given a new medium with which to work. But only recently have designers utilized its full potential. 1. Cycolac plastic stacking chairs designed by Joe Colombo, $48 each. Beylerian Ltd., 253 Fifth Ave., N.Y., N.Y. 10016. 2. Cycolac plastic table, $40. Beylerian Ltd. 3. Stack and roll table, $35. Beylerian Ltd. 4. Cycolac plastic lamp, $30. Beylerian Ltd. 5. Area rug, 4'6"x6'9", $175. Stark Carpet Corp., 979 Third Ave., N.Y., N.Y. 10022.













A

The versatile Burdura I shell chair, $146, is made of rigid polyurethane. Burris Industries, Inc., Lincolnton, N.C. 28092. Linen print sofa with strapped trim, priced from $225 up, depending on the fabric selected. "Avant" collection, Kroehler Manufacturing Co., Naperville, Ill. 60540. Rosewood pedestal, $109. Knob Creek of Morganton, Morganton, N.C. 28655.

B

With the Athena group of sectionals, you can form love seats, sofas, or chairs, just by moving the bolster and fittings. The cube, $100; bolster, $40; table, $90. Directional Industries, Inc., 979 Third Ave., N.Y., N.Y. 10022. Plexiglass revolving globe lamp, $85. George Kovacs, 831 Madison Ave., N.Y., N.Y. 10021. Five-in-one ashtray, $18. Beylerian, Ltd., 253 Fifth Ave., N.Y., N.Y. 10016.

C

Sling Chair, $240, is a study in line and light reflection. Founders Furniture, Inc., Pleasant Garden, N.C. 27313.

D

This small rigid urethane chair upholstered in stretch fabric has a small price tag to match, only $32. Burris Industries, Inc., Lincolnton, N.C. 28092.

E

From abstract geometrics to traditional plaids, these carpets add a colorful new chapter to carpet design. 1. "Fantasy Tyme," $19 per square yard. Downs Carpet Co., Inc., Philadelphia, Pa. 19134. 2. "Profusion," $6.95 per square yard. Lees Carpets, a Division of Burlington Industries, Norristown, Pa. 19401. 3. "Contempo," $7.95 per square yard. Wunda Weave Carpet Co., a Division of Dan River, 228 Poinsett Hwy., Greenville, S.C. 29602. 4. "Polynesian," $11 per square yard. The "Many Moods" collection of Sears, Roebuck and Co., 925 South Homan Ave., Chicago, Ill. 60624. 5. "Prisma," $9.95 to $12.95 per square yard. One of the "Design 70" patterns from Johns-Manville, 22 East 40th St., N.Y., N.Y. 10016. 6. "Beau Ville," Cunningham Plaid, $15.95 per square yard. Bigelow-Sanford, 140 Madison Ave., N.Y., N.Y. 10002. 7. "Melanesia," $11 per square yard, also from the "Many Moods" collection of Sears, Roebuck and Co.

F

The on-the-square Dimension II chair, $35, features a sleek and sturdy chrome frame with vinyl seat and back. Cosco Household Products, Inc., 252 State, Columbus, Ind. 47201.







These works of art work. Each is designed to do a job—right. Beauty may be only skin deep—but good design is built in.













G

Cube tables, $59 each, and square cocktail table, $95. "Critique" collection, Thomasville Furniture Industries, Inc., Thomasville, N.C. 27360. Vases, $6.50, $8.25, and $9.50. Raymor/Richards Morgenthau Co., Inc., 225 Fifth Ave., N.Y., N.Y. 10010.

H

Chrome and glass lamp table, $70. Selig Manufacturing Company, Leominster, Mass. 01453. Plexiglass candle stand, $20. Van Horn-Hayward, 6115 Skyline Dr., Houston, Tex. 77027.

I

1. Tub with safety grips. Kohler Co., Kohler, Wis. 53044. 2. Fiber glass tub/shower. American Standard, 40 West 40th St., N.Y., N.Y. 10018. 3 & 4. Fiber glass tub/shower and toilet. Kohler Company. 5. Toilet. Eljer, 3 Gateway Center, Pittsburgh, Pa. 15222. 6. Toilet. American Standard. Toilets $150 to $300; bathtubs $240 to $340—plus installation.

J

Functional excellence is evident in these adjustable desk/table lamps. 1, 2, & 3. Tik, Tak, Tok, $19.95 each. Robert Sonneman Associates, 226 Fifth Ave., N.Y., N.Y. 10001.

These are "works of art"—but not necessarily rare or costly. Good design can be found in all price ranges, if you look.

A

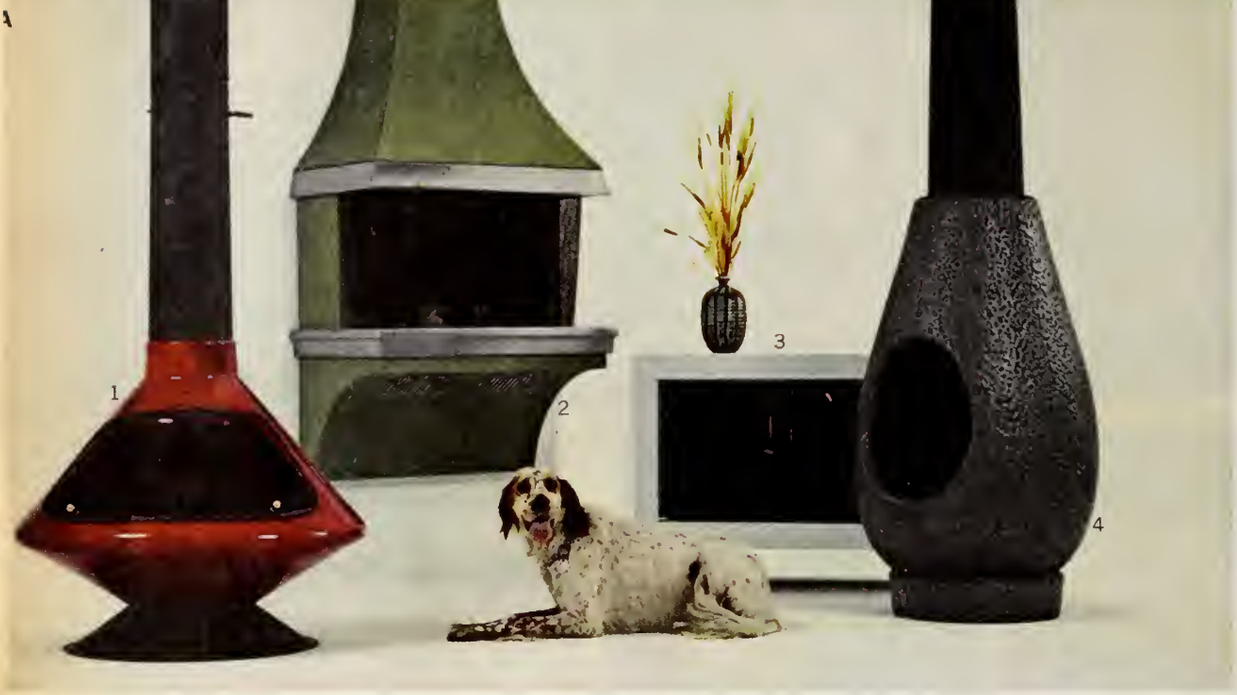
Buff (by Southlawn Missy) maintains vigil over a foursome of hearthwarmers. They're sure to ignite enthusiasm with happy colors, cost-cutting fabrication, easy installation. Simply cut a hole in wall or ceiling for flue—a six-foot section is usually included; chimney, extra.

1. Ceramic Aztec, $410, adds verve to any setting. Available in green or yellow, also. Condon King, 5611 208 St. S.W., Lynnwood, Wash. 98036.

2. Hang this lusty space-saver on a wall. Its wide mouth laughs at winter's chill when you turn on the gas or electric logs. There's a wood-burning model for traditionalists. Available in several colors or primed so you can match walls. Heatilator Mark 5880, $300, Vega Industries, Inc., Syracuse, N.Y. 13205.

3. Frame a real fire within the stately simplicity of a freestanding rectangle that fits in most anywhere. Its smooth or textured finish comes in achromatic black, too. Manchester Pierce, $410. Condon King, 5611 208 St. S. W., Lynnwood, Wash. 98036.

4. Fluid lines of this fanciful fireplace recall Zuni Indians' master designs. Four earthy colors of ceramic are baked on cast-iron beehive shape. Firepot, about $425. Strawberry Bank Craftsmen, Inc., Box 475, Little Compton, R.I.







B

You needn't look further fo… great mood-setter. Just d… lights and spin a favori… ord as you sink into the … of this reversible woven r… all wool and a yard (plush… inches) wide, 78 inches o… Pick any size and color c… nation you want, with o… out fringe. Custom-loom… Mexico, but available at … made prices—the one sh… $80. Designs of Mexico, … Olympic Blvd., Beverly … Calif. 90211.

The sturdy Bedouin … looks authentic with le… like, man-made fabric … wood stretchers, wrough… legs, $64. Continental … Furniture Co., 14812 C… St., Van Nuys, Calif. 9140…

C

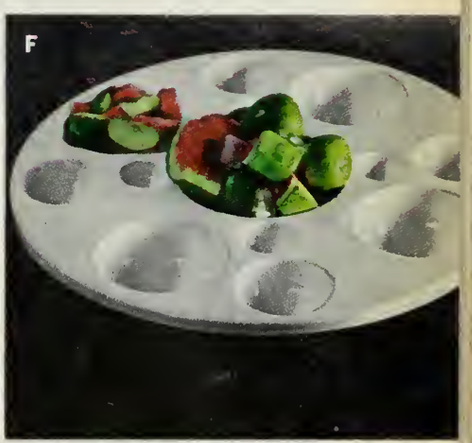
Now, with solid-state cir… and miniature screens, … ble TVs *are* truly portable… won't hog space. 1. Color, $… Hitachi Sales Corp. of Ame… 48-50 34th St., Long Is… City, N.Y. 11101. 2. Black… white, swivel screen, $… Sears, Roebuck & Co. … stores. 3. Black and white, … el pedestal, $120. RCA C… 600 N. Sherman Dr., India… olis, Ind. 46201. 4. Color, T… my Trinitron, $310. Sony C… of America, 47-49 Van Dam… Long Island City, N.Y. 11… 5. Color, $225, and 6. Black … white with 5-inch screen, $… General Electric Co., Hamp… Va. 23300. 7. Black and wh… pop-up screen folds into … for AM/FM listening or … toting, $180. Panasonic, … Park Ave., N.Y., N.Y. 10017…

D

Let your imagination w… across this galaxy of patter… Best of all, you can bed d… your family without damag… your budget. An extra sheet … dress up a lounge, wall, windo… bath. Sheets from $4 to $9. … lowcases start at $2.50 pr. … Modern Maze. Montgom… Ward, 619 West Chicago Av… Chicago 60607. 2. Waterwa… Burlington Industries, 13… Ave. of Americas, N.Y., N… 10019. 3. Rajah Garden. Sprin… maid, Springmills, Inc., 104 … 40th St., N.Y., N.Y. 10000. … Infinity by Yves Saint Laure… Fieldcrest, 60 W. 40th St., N.Y… N.Y. 10018. 5. Spinwheel. La…













Spperell, WestPoint-Pepper-, Dalton, Ga. 30720. 6. Cane. lected J.C. Penney stores and talogs. 7. Rainbow Stripes m the Vera Collection. Bur-gton Industries. 8. Field Flow-s and Bold Stripes. Sears Roe-ck & Co., Fall/Winter catalog.

E

onet's tour de force, differ-g from the famous original ly in color, fits today's eclec-taste to a T. A perennial fa-rite in bentwood-framed cane, is very relaxing rocker urges u to reach for your pipe and ppers. Under $82. Door ore, 210 East 51st St., N.Y., Y. 10022.

F

imaginative serving platter th pockets for beef fondue, ish kabobs, chutney, or fruit own here. Makes most any ible convivial. Or, use to dis-ay a collection of rocks, sea-ells, prehistoric finds—glass cased. Superbowl, $16. ummers, Inc., 225—5th Ave., Y., N.Y. 10010.

G

th these man-size tongs you n grasp almost any situation. astic salad server, $1. Alfred Fein Sales Corp., 225 Fifth e., N.Y., N.Y. 10010.

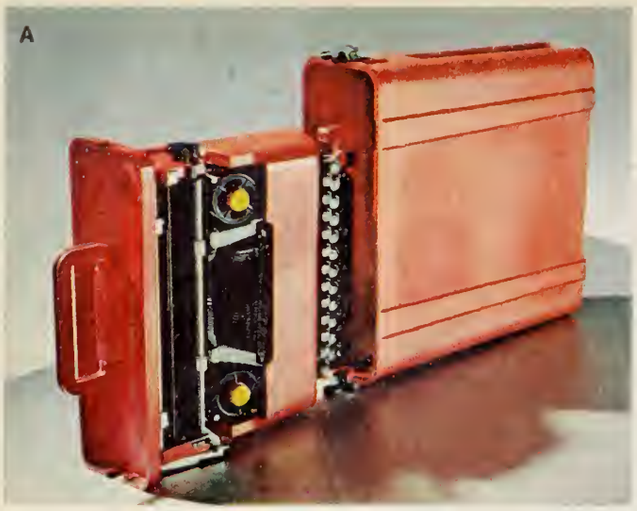
H

ok and serve with clastic atchmates in lilting citrus col-s enameled on cast iron. Kobenstyle fondue. 2. Ore-st roaster and 3. Bean pot oks in or on the range. Use s for baking, also. 4. Two ucepans in one. $20 to $35. nsk Designs, Ltd., Mount sco, N.Y. 10549.

I

ll on seven feet of luxury. Or, are the wealth—this sofa can at three in comfort. Tuft-in Velsuede leathertone, med with chrome and stained rdwood $250. Encino #685, ndes Mfg. Co., P.O. Box 97, Gardena, Calif. 90247. derfoot, a wool rug that rates priority on floor or wall. s a modern interpretation of antique oriental from India and it's reversible. The hand-ven pattern, shot with au-mn tones, is appropriately med Sumac. Available in any e; a 5x8 is $816. Edward lds, Inc., 232 E. 59th St., Y., N.Y. 10022.

Good design is compatible. It looks right with things you have (and makes them look better).









A

The "Valentine" portable typewriter covers everyone's territory—school, business, home, or club. And it does it with style (cherry red), with compactness (13x13x4 inches), with ease (10 pounds) and with completeness (43-key keyboard, automatic tabulator, half-spacing). Complete with case, $55. The Olivetti Corp. of America, One Park Ave., N.Y., N.Y. 10016.

B

Acquaint yourself with the random world of modulars—furniture pieces adaptable to a wide variety of room arrangements. 1. Upholstered polyurethane chair, $95; 2. End table, $45; 3. Particle board base, $109; and 4. Cube table, $34. Craft Assoc., Inc., 1212 Scott St., Wilkes-Barre, Pa. 18700.

The modular-minded accessories: 5. Hanging lamp, $95. Robert Sonneman Assoc., 226 Fifth Ave., N.Y., N.Y. 10001. 6. Plastic vases, $25 to $40. Neal Small Designs, Inc., 49 West 24th St., N.Y., N.Y. 10010. 7. Ball ashtray, $22. Luten Clarey Stern, 1059 Third Ave., N.Y., N.Y. 10021.

C

With an accessory assortment like this, the modern-minded cook can easily color-coordinate her kitchen right down to the pepper mill. 1. Plastic bread box, $13; 2. Red and blue pepper mills, $5 each; 3. Glass cruet set, $9. Barman International, 225 Fifth Avenue, N.Y., N.Y. 10001.

4. Kitchen utensils and rack, $30; 5. Plastic compartmented cheese preserver, $13; 6. Narrow plastic platter, $4; 7. Square serving dishes, $2.50 each; 8. Round plates, $1.50 each. Bonniers, Inc., 605 Madison Ave., N.Y., N.Y. 10022.

D

These Centura Cerama dishes go in style from stove to table to storage. And that's not all. They are also easy to wash and need no scouring. 1. Beverage maker, $8; 2. Flat casserole dish, $11; 3. Pot, $7. Corning Glass Works, Corning, N.Y. 14830.

E

What will highlight the bathrooms of the 1970s? Hardware. And you'll have lots to choose from: gold-tinted handles and mirror-chrome faucets, push-pull levers and graceful spigots. 1 and 2. Faucets. American Standard, 40 W. 40th St., N.Y., N.Y. 10018. 3. Tub and shower control; 4. Shower head; 5. Sink faucet. Moen, Div. of Standard Screw, Elyria, Ohio 44035.

6, 7, and 8. Faucets. All from Kohler, Kohler, Wis. 53044. 9 and 10. Faucets. Eljer Plumbing Ware, Inc., #3 Gateway Center, Pittsburgh, Pa. 15222.

F

Already classics in their own time, these chairs are a beautiful blend of good design and modern materials. 1. Tubular chrome chair with vinyl backing, $60. Directional Industries, Inc., 979 Third Ave., N.Y., N.Y. 10022. 2. Armchair, $60. Otto Gerdau Co., 192 Lexington Ave., N.Y., N.Y. 10016.

G

From ashtrays to lamps, contemporary ceramics in earth-keyed colors offer you an exciting variety of room accessories. 1. Orange vase, $19; 2. Square ashtray, $20; 3. Round lamp, $40; 4. Helmet lamp, $50; 5. Ashtray, $10; 6. Grill ashtray, $13. Beylerian Ltd., 253 Fifth Ave., N.Y., N.Y. 10016.

H

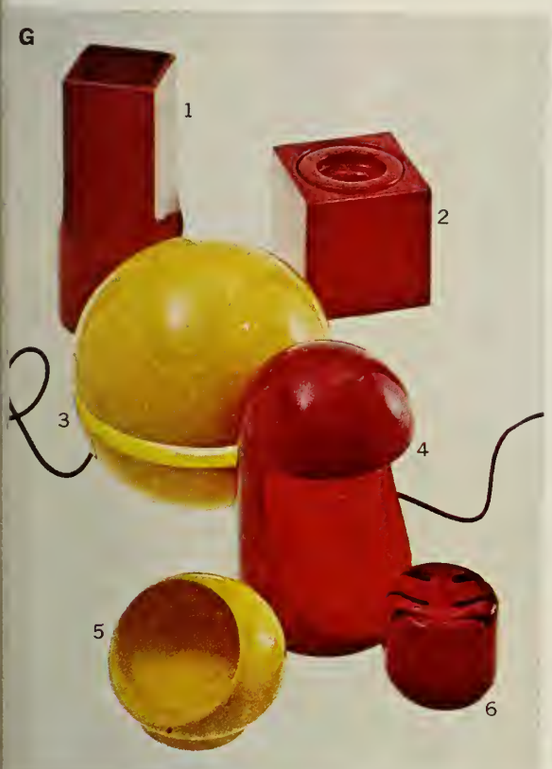
To make your home office a bit more efficient and a lot more inviting, consider these handsome pieces and accessories. 1. Sectional bar with drop-lid desk and serving area, $220. Bernhardt, Industries, Inc., Lenoir, N.C. 28645. 2. Desk and chair, $200. The Lane Co., Altavista, Va. 24517. 3. 9½-inch lamp, $28; 14-inch lamp, $30; 19-inch lamp, $35. Knob Creek of Morganton, Morganton, N.C. 28655. 4. Roll-top desk, $309. Drexel Furniture Co., Drexel, N.C. 28619. 5. Desk calendar, $12. Scarabaeus, 223 East 60th St., N.Y., N.Y. 10022. 6. Area rug, "Afrika," 6x9 feet, $320. WestPoint-Pepperell, Inc., Dalton, Ga. 30720.

I

This collection of culinary accessories is guaranteed to brighten both kitchen and meal-making. 1. Double-tier spice rack, $14; 2. Plett pan, $8; 3. Canister set, $13; 4. Skillet, $15 for skillet, $9 for cover; 5. Paella dish, $21. Copco, Inc., 230 Fifth Ave., N.Y., N.Y. 10001.


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A

Radios for indoors and out and for every mode of living. 1. The solid state FM/AM/Stereo FM radio covered in wood-grain-color vinyl has a center lift lid and separate bass, treble, loudness and balance controls, $169.95. Zenith Sales Corp., 1900 N. Austin Ave., Chicago, Ill. 60639. 2. This AM-Public Service Band radio operates on four "D" batteries or built-in AC line cord, $39.95. RCA Corp., 600 N. Sherman Dr., Indianapolis, Ind. 46201. 3. The roll-top rechargeable portable radio is compact and has FM/AM channels, $39.98. General Electric, Radio Receiver Dept., 1001 Broad St., Utica, N.Y. 13501. 4. A solid state FM/AM radio with a sleek low look $34.95. Hitachi Sales Corp. of America, 48-50 34th St., Long Island City, N.Y. 11101. 5. This kitchen space saver features a lighted slide-rule dial, FM/AM and easy-to-clean beige and wood-grain finish, $34.98. General Electric, Radio Receiver Dept., 1001 Broad St., Utica, N.Y. 13501. 6. For the component look, consider this walnut-grain polystyrene AM radio, $19.95. Motorola, Consumer Products Div., 9401 W. Grand Ave., Franklin Park, Ill. 60131. 7. Small as it is, this go-everyplace radio has slide-rule vernier tuning, built-in FM and AM antennas, $18.95. RCA Corp., 600 N. Sherman Dr., Indianapolis, Ind. 46201.

B

Striking colors and clean lines make this cast-iron cookware as beautiful as it is functional. The double-lipped #9 frying pan with lid can come to the table, as can the #2 long casserole in red. Any cook would love to have the 2 and 3 litre #1 S-pot in red or black with the attractive curved handle. All pieces are priced between $20 and $22. From Harvey L. Reid Co., 225 Fifth Ave., N.Y., N.Y. 10010.

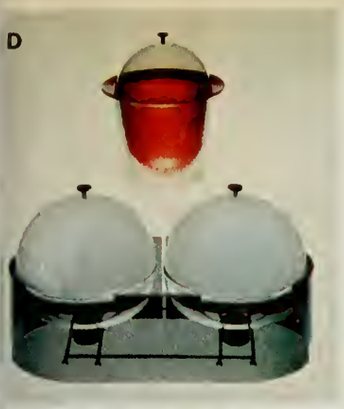
C

Every day, let this coffee grinder brew you a cup of real coffee from freshly ground beans. Along with that cup of coffee comes fresh fruit juice from the electric juicer. Each $19.95. Salton, Inc., 519 E. 72nd St., N.Y., N.Y. 10021.

D

Food looks especially attractive and tempting in this Hot Tempo double server. It keeps the food hot till the last guest has shopped the buffet, $65. Raymor/Richards Morgenthau Inc., 225 Fifth Ave., N.Y., N.Y. 10010. The geodesic ice bucket does more than hold ice. It can also

What's the opposite of good design? The showy and the shoddy. Good design is simple and honest.















ep food at the desired temerature, $21.50. Raymor/chards Morgenthau Inc., 225 fth Ave., N.Y., N.Y. 10010.

E

his gem of a chair from the emini Collection would set off ost any room. It's available in hite lacquer with chrome trim, shown, or natural wood finish th chrome trim, $28.50. Bernrdt Industries, Inc., Lenoir, C. 28645.

F

ke your choice, straight or rvy. Either way, you get a eat chair design. The curvaous white metal side chair s a comfortable cane seat, 9.95. Door Store, 210 E. 51st St., N.Y., N.Y. 10022. The clean-cut black side chair has a high-gloss enamel finish and a seat of handwoven sea grass, $40. The Otto Gerdau Co., 192 Lexington Ave., N.Y., N.Y. 10016.

G

The complete coffee mill/maker set will grind the coffee and make coffee by the drip method, $24.95. Norelco, 100 E. 42nd St., N.Y., N.Y. 10017.

H

1. Slim and cordless AM radio/clock hangs on the wall or perches on its own stand, $29.95; 2. A unique travel companion that wakes you to music, folds into a compact travel size, and is cordless, $39.95; 3. Contemporary-styled digital clock radio has large, easy-to-read numbers, $49.95. All by RCA, 600 N. Sherman Dr., Indianapolis, Ind. 46201.

I

Here's a versatile hand mixer that does a good job and is good-looking, too, $19.95. The mini coffee grinder is just 6½" tall but it grinds enough coffee for six to eight cups in a matter of seconds, $14.95. Braun North American, Appliance Div., 235 Wyman St., Waltham, Mass. 02154.

J

This sextet of kitchen helpers exhibits just a bit more flair than the usual. 1. The gourmet grater comes with three stainless plates, four grating surfaces, and a slicer, $5; 2. Each of the plastic mixing bowls features a pouring lip and an easy-to-grip handle, $2.50 and $3; 3. The Duett juicer is a pitcher and juice press with dual spouts, built-in strainer and separate press, $3.95; 4. The yellow Thermos pitcher retails for $4.95; 5. From Italy comes the small Mely-roll juice press and pitcher for $2.95; 6. Cheese, placed on top of the grater, is pushed down by the top piece and emerges finely grated onto the little saucer. The Mely-roll cheese grater retails for $2.50. Seabon Scandinavian Imports, 54 E. 54th St., N.Y., N.Y. 10022.

Everyday objects needn't look everyday. Be a collector—of things you like to live with.









A

The advanced styling of these pieces adds excitement to any room. Plastic drawer fronts, laminate tops, lacquer finish protect their good looks.

1. Chair, $48; 2. Credenza, $240; 3. End table, $76. Broyhill Furniture Factories, Lenoir, N.C. 28645.

B

Square bunching tables do just that. "Bunch" together as many as you like, any way you like. The frames are chrome, and the tops glass.

Bunching tables, $33 each. Virtue of California, 19801 S. Santa Fe Ave., Compton, Calif. 90221. Wine cooler, $10. Arthur Miller Imports, 225 Fifth Ave., N.Y., N.Y. 10010.

C

One great element can snap an ordinary room to life. All of these pieces have that individual excitement that can make the difference at your house.

1. Server $279, American of Martinsville, Martinsville, Va. 24112. 2. Bench $189, Worth Furniture, Ridgeway, Va. 24148. 3. "Hot Tin Zinnia" area rug under $500, James Lees & Sons Co., Bridgeport, Pa. 19405. 4. Armchair, $99; side chair, $89. Drexel Furniture Co., Drexel, N.C. 28619.

D

All these lavatories bring color and convenience to any bath, and the distinctive towels add their glamour too.

Lavatories shown are available through plumbing contractors from $50 to $200 depending on installation. 1, 2, Eljer, 3 Gateway Center, Pittsburgh, Pa. 15222. 3, 4, Kohler Co., Kohler, Wis. 53044. 5, 6, 7, American Standard, 40 West 40th St., N.Y., N.Y. 10018.

Towels: left to right, "Mirage" $3.00, "Funflower" $1.75, "Cane" $1.75 in bath size from selected J. C. Penney stores.

E

A sunburst of design and color awaits when you shop for bedspreads. Some of these have matching draperies, and yard goods.

1. "Sunflower," twin size $23 from Cannon. 2. "Lotus," twin $19 from Many Moods collection, Sears, Roebuck & Co. 3. "Zig Zag," twin $20 from Bates.







4. "Orbit," full size $33 from Croscill. 5. "Prisma," twin $15 from Montgomery Ward. 6. "Wherefore," twin $19 and "Lotus Stripe" pillows, $3.50 from Sears, Roebuck & Co.

F

Choice selection for storage, for dining, for after-dinner coffee. All these glow with the beauty of wood, fine finishes. Distinctive rug is 6x9 feet.

1. China cabinet, $325. Basic-Witz Furniture Co., Waynesboro, Va. 22980. 2. Chest, $239. Heritage Furniture, Inc., 1690 English, High Point, N.C. 27260. 3. Cocktail table, $229. Drexel Furniture Co., Drexel, N.C. 28619. 4. Table, $369. Heritage Furniture, Inc. 5. "Mohave" rug, $300. Deering-Milliken, Inc., La Grange, Ga. 30241. 6. Armoire, $399. United Furniture Co., Lexington, N.C. 27292.

G

Molded fiber glass furniture goes indoors or out. Rug is handsomehung, luxurious underfoot.

Chair, $169; table, $94. Architectural Fiberglass, 2020 S. Robertson Blvd., Los Angeles, Calif. 90034. "Plaisance" rug, $240. Bigelow-Sanford, Inc., 140 Madison Ave., New York, N.Y. 10016.

A

You can find innovative design even in something as old as time itself. Each of these table clocks makes a strong design statement in line and color.
1. Design Group, transparent gray acrylic I-Beam form clock, $30. Luten Clarey Stern, 1059 Third Ave., N.Y., N.Y. 10021. 2. Digital clock, $40. Solari America, 60 East 42nd St., N.Y., N.Y. 10017. 3 & 4. Round and cube clocks, $35; 5. Round clock, $40. Bonniers, Inc., 603 Madison Ave., N.Y., N.Y. 10022. 6. Square pedestal clock, $10.98. General Electric, Consumer Electronics Div., Syracuse, N.Y. 21132.

B

Versatility is the key to success for these contemporary cubes. You can use them as cocktail tables, end tables, planters, stools, wastebaskets, display cubes and sculpture bases. Made of heavy-gauge steel with either a high-lacquer baked enamel or mirror chrome-plated finish, cubes are available in sizes ranging from 4 to 24 inches and in 15 decorator colors. The smaller cubes pictured here are priced at $25, the larger one at $65. In addition to cubes, pedestals and cylinders are also available. And, proving that good design needn't be expensive, they're priced from $3 to $85 depending on the size and finish. All the cubes and pedestals are five-sided. This leaves one end open to accept a heavy-gauge galvanized steel liner insert should you choose to use either the cube or the pedestal as a planter or sand urn. Metal Form Products Co., 7424 Greenbush Ave., North Hollywood, Calif. 91605.

C

Entertaining can be elegant but easy if your furnishings are multi-functional. 1. A Chinese-red bar, equipped with a 26-piece set of glassware, offers mobility, additional storage space, plus a plastic-laminated work surface inside the flip-top lid. The same glossy lacquered paint finish is also available in tortoiseshell, green, yellow, blue, black and white, $250. The Lane Company, Inc., Altavista, Va. 24517. 2. A drop-leaf server, $239, from the Critique collection is another good example of multipurpose furniture. This mobile server provides additional dining space plus storage space. Thomasville Furniture Industries, Inc., Thomasville, N.C. 27360. 3 & 4. Cane-back armchair with vinyl-upholstered seat cushion, $72, and matching side chair, $64, are also from Thomasville's Critique collection. Available in blue, red, yellow, orange, black, white, as well as green. While this furniture collection is decidedly modern, the latticework detailing reflects a Chippendale influence. 5. Houndstooth ice bucket, $12. Arthur Miller Associates, Ltd., 225 Fifth Ave., N.Y., N.Y. 10010.

D

This dressed-up version of the timeless T-square table is available in a pecan or painted finish. The straight lines of the lamp table are emphasized by routed edges and a copper colored steel top, $99. Hekman Furniture Company, 1400 Buchanan Ave., SW, Grand Rapids, Mich. 49502. The lamp has a polished metal base and smoked-glass globe to diffuse light, $90. Beylerian Ltd., 25 Fifth Ave., N.Y., N.Y. 10016.

E

Designed by Michael Thonet around 1860, this chair design has stood the test of time. Pro









In the past, good design was often determined by who created the design. Today, the criterion is the true worth of the item itself, not the designer's reputation.

uced by bending wet wood, the ntwood chair was one of the rliest success stories of mass oduction. Because of their mplicity and serviceability, ntwood chairs, rockers and bles are today enjoying a rong revival. This classic bent- od side chair with a natural ne seat is available in black, nite, walnut, or natural finish, 3.95. Door Store, 210 East st., N.Y., N.Y. 10022.

F

nding new uses for old stand- materials is a vital part of the sign field. For the Parson's visited collection of Tropical, nny Ho Fong gives new di- ension and shape to rattan by aving it over shaped steel mes. Polyurethane cushion covered with a geometric-pat- ned fabric. Bench is avail- le with either natural or paint- finish, $260. Mold Chair h cushion, which won the .D. International Design ard in 1966, $130. Both ces feature the "Tuck-In" aving technique which locks o the weave itself the loose ds normally left exposed. is produces a completely ooth and snag-free surface. finishing process which will e this rattan furniture an in- door/outdoor/all-weatherproof finish is available at a slightly higher price. Tropi-Cal, 5731 South Alameda St., Los Angeles, Calif. 90058.

G

Highly polished chrome can be shaped into simple, sleek and sophisticated designs. This floral printed chair sports gleaming tubular chrome legs, $256. Flair, Inc., a division of Bernhardt Industries, Inc., Lenoir, N.C. 28645. 2. A chrome half-circle framework surrounds this graceful chair, $195, from the "New Dimensions" collection. Thayer Coggin, Inc., South Road, High Point, N.C. 27260. 3. Also from Thayer Coggin, Inc., is the Cradle Sling chair that blends velvet traditional upholstery fabric with very contemporary chrome, $150.

H

Stunning designs for dining include round glass-top table with a tri-form smoke chrome plated steel base, $200; and contour-shaped, cane-back chairs with chrome-plated steel frames, black vinyl upholstered cushions and rosewood-trimmed armrests, $110 each. Perfect setting for both formal and informal dining. The Lane Company, Inc., Altavista, Va. 24517.

I

Simplicity of line keynotes this chair and matching ottoman, from the Caldwell collection. Constructed of lacquer-finished, lightweight metal and plastic straps, they can be folded for easy storage. The chair is priced at $65 and the ottoman at $44. Available in many colors. Brown-Jordan Co., 9860 Gidley Street, P.O. Box 1269, El Monte, Calif. 91731. Watertight willowware jug, $40. Arthur Miller Associates, Ltd., 225 Fifth Ave., N.Y., N.Y. 10010.











A



B



C



Each country excels in a material or technique. But good design is global—no country has a corner.

D



A

Designs with built-in conv nience in mind. 1. Stackable, i terchangeable storage and e tertainment system, $715. Yo can use the nine componen in any number of arrangement Gimbel's, 33rd St. at Broadwa N.Y., N.Y. 10001. 2. "Dolphin lamp, $275. White or blac enamel shade with diffuse which extends 76 inches on flexible chrome stem. Stem an shade arc 90 degrees and rota 360 degrees. Robert Sonnema Associates, 226 Fifth Ave., N.Y N.Y. 10001. 3. "Aloha" are rug, 6'x8'-8", $340. Cabi Crafts, WestPoint-Peppere Carpet and Rug Division, Da ton, Ga. 30720. 4. Stackin wine rack, $6 a layer. Alfred G Fein Sales Corp., 225 Fifth Ave N.Y., N.Y. 10010. 5. Five-inc TV, $140. General Electric Co Television Division, Hamptor Va. 23369. 6. Black glass vases $7.50 and $8.50. Rosentha Netter, Inc., 225 Fifth Ave., N.Y N.Y. 10010. 7. Pitcher and mug Bonniers, Inc., 605 Madison Ave., N.Y., N.Y. 10002. 8. Yel low vases, 95c each. Azuma 666 Lexington Ave., N.Y., N.Y 10022. 9. Stacking plastic ash trays, set of 3, $16.50. Bon niers, Inc., 605 Madison Ave. N.Y., N.Y. 10002.

B

This plastic picnic basket is a

odern masterpiece in com- ıctness, $23. All the pieces ıown here are ingeniously ıaped to fit neatly inside the cnic basket for easy trans- ›rt. Georg Jensen, Madison ve. at 57th., N.Y., N.Y. 10038.

C

›lving extra seating problems n create storage problems. ıt these chairs are contoured r easy stacking. Injection olded of nylon reinforced with ass fibers, $61 each. John uart, Inc., 205 East 58th reet, N.Y., N.Y. 10022.

D

ith today's wealth of printed rpets, it's easy to add color d pattern to any room in your me. All of the carpets illus- ated are from Armstrong's dventure Prints" collection. ey are made of 100 percent ntinuous nylon filament in a rable level-loop construction. ailable in 12-foot widths at 0.95 per square yard. 1. Pat- rn, Wild Flower; color, Blue acinth. 2. Pattern, Wild Flow- ; color, Orange Daylily. 3. ttern, Vaquero; color, Ven- na. 4. Pattern, Vaquero; color, ucho. 5. Pattern, Washington uare; color, MacDougal een. 6. Pattern, Washington uare; color, Delancy Gold.

E

other adaptation of a Michael onet design, this time in a -anywhere bentwood and ne stool, $22. Available in tural or yellow and black lac- er finishes. "Et Cetera" col- ction, Drexel Furniture Com- ny, Drexel, N.C. 28619.

F

ched metal and glass shelv- g forms these graceful eta- res, $85 each. Available in a riety of painted finishes. own-Jordan Co., 9860 Gidley ., Box 1269. El Monte, Calif. 734. Mexican Tree of Life ndlestick, $35. Designs of exico, 8826 Olympic Blvd., verly Hills, California 90211. nister set, $18 for 3-piece t. N. S. Gustin Co., 712 S. ive St., Merchandise Mart, s Angeles, Calif. 90014.

G

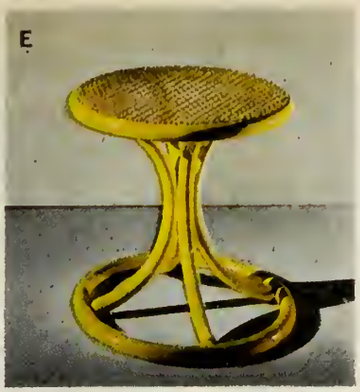
aceful styling combines with autiful sound in this elegant ntemporary harpischord, 95. Baldwin Piano and Organ mpany, 1801 Gilbert Ave., ncinnati, Ohio 45201. Gleam- g glass mushrooms, 11-inch e, $12; 6-inch size, $9. Mor- ntown Glassware Guild, Inc., organtown, W. Va. 26505.

H

atever the mood of the room, u can match it with distinc- tively patterned vinyl flooring. 1. "Cumberland," Coronelle Vinyl Corlon collection, $9.95 per square yard. Available in roll form, 2-yard widths. 2. "Painted Tile," Castilian collection, $4.50 per square yard. Available in roll form, either 2- or 4-foot widths. 3. "Scandia," Castilian collection, $4.50 per square yard. Available in roll form, either 2- or 4-foot widths. 4. "Briarcrest," Coronelle Vinyl Corlon collection, $9.95. A combination of simulated brick, ceramic tile and medallion insets, available in roll form, 2-yard widths. 5. "San Marco," Coronelle Vinyl Corlon, $9.95. Available in roll form, 2-yard widths. All from Armstrong Cork Company, Floor Division, Lancaster, Pa. 17640.

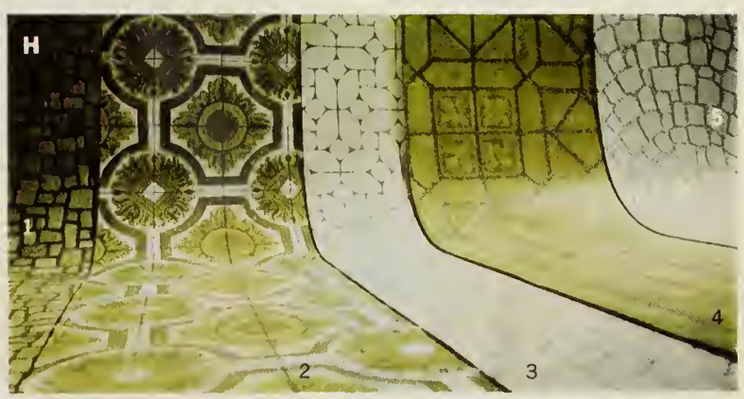
I

These eye-catching, space-defining area rugs offer pattern power plus. 1. "Chart," 6 feet round, $450. Bigelow Sanford, Inc., 140 Madison Ave., N.Y., N.Y. 10002. 2. "I Am Curious, Dorian," a hand-tufted design by Dorian Leaver, $400. Lees Carpets, Division of Burlington Industries, Norristown, Pa. 19400. 3. "Tappa Group," 4'x 6'-6", $295. Bigelow Sanford, Inc. 4. "Olympic," Rya rug, $111. Unika-Vaev, 979 Third Ave., N.Y., N.Y. 10022. 5. "Pop Art," 4'x6'-6", $195. Bigelow Sanford, Inc.











All sorts of materials can be shaped into beautiful designs—from timeless wood to space-age plastic.

A

You can find a real treasure these days even when you shop for something as prosaic as an umbrella stand. Designers are exploring all kinds of new and different materials.

1. Artemide umbrella stand is made of resin. $45. Luten Clarey Stern, 1059 Third Ave., N.Y., N.Y. 10021. 2. The Artemide "Elena" stacking tables of Cycolac require little space when not in use—could double as an etagere. $34 each. Luten Clarey Stern. 3. This unit makes a stool or table, depending on which end is up. Cushion is removable to serve as a tray, as part of unit or separate. $38. Beylerian Ltd., 253 Fifth Ave., N.Y., N.Y. 10016. 4. The Wall-All, of molded plastic, has pockets of various sizes to take care of odds and ends. $40. Georg Jensen, Madison at 57th St., N.Y., N.Y. 10037. 5. The man-sized umbrellas of Marimekko print fabric are $16 each. Design Research, 53 E. 57th St., N.Y., N.Y. 10022.

B

Lamps as necessities have been taken for granted too long. Now you can light up your rooms with all kinds of exciting designs.

1. Plexiglass swirl in red, orange, yellow, or white, $69. Robert Sonneman Associates, Inc., 226 Fifth Ave., N.Y., N.Y. 10001. 2. Satin-glass globe on plexiglass envelope (green, yellow, blue, bronze, or clear), $45. Robert Sonneman Associates, Inc. 3. A 3x6-inch bullet on three-inch cube, chrome swivel, $26. Robert Sonneman Associates, Inc. 4. Polished chrome cylinder, silver Tovi bulb, $39.50. George Kovacs, Inc., 831 Madison Ave., N.Y., N.Y. 10021. 5. Black-white plastic, $45. Neal Small Designs, Inc., 49 W. 24th St., N.Y., N.Y. 10010. 6. Ceramic base, glass globe, $18. Raymor/Richards Morgenthau, Inc., 225 Fifth Ave., N.Y., N.Y. 10010. 7. Interplay II, $19.95. Lightolier Inc., 11 E. 36th St., N.Y., N.Y. 10016. 8. Interplay I, with turnabout knob to adjust light. $16.95. Lightolier Inc. 9. Artemide Dalu, $25. Luten Clarey Stern, 1059 Third Ave., N.Y., N.Y. 10021. 10. Artemide Eclisse, lacquered metal, $34. Luten Clarey Stern.

C

This sling chair is made of chrome, with a color choice of crushed patent vinyl. It's sturdy, sinfully comfortable, and can be used even outdo $110. Flair, Inc., Box 81C noir, N.C. 28645.

D

Chrome tubing supports th ven wicker sling seat of chair, named Decade '70. it anywhere, anytime. $ Tropi-Cal, 5731 So. Alan St., Los Angeles, Calif. 90

E

You can now find relief conventional plant contain Ceramic ones are now to be in myriad colors and desi the better to dramatize plants you put in them. Mo these are designed to plants in pots.

1. Round pots, square t $7.50 and $12.50, accordin size. Raymor, 225 Fifth A N.Y., N.Y. 10010. 2. Circle



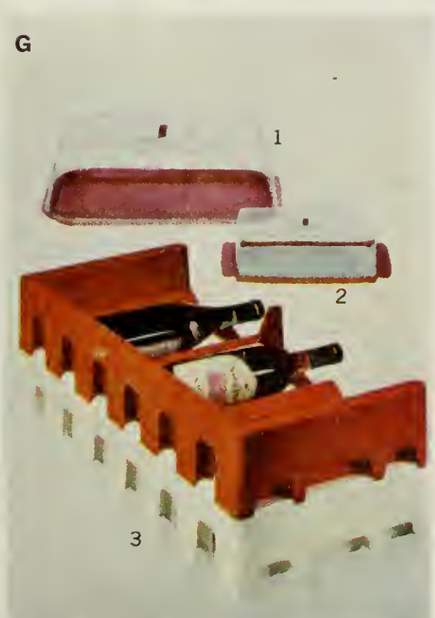














agon, $30. Scarabaeus, 223 50th St., N.Y., N.Y. 10022. 3. l container, $35. Scaraus. 4. Blue-and-green and cylinders, $15 each. Scaraus. 5. Wavy dish, $30. Beylen, Ltd., 253 Fifth Ave., N.Y., . 10016. 6. Ceramic with inage tray, $48. Luten Clarey rn, 1059 Third Ave., N.Y., . 10021.

F

n if your living space is limit l, your choice of sofa beds, and accessories isn't. You're sure to find something to suit your taste and space.

1. "Festival of Light," 30x30-inch hand-crafted rug, $80. WestPoint-Pepperell, Inc., Carpet and Rug Division, Dalton, Ga. 30720. 2. Pot lamp, with white enamel base and shade, chrome arm, $450. George Kovacs, 831 Madison Ave., N.Y., N.Y. 10021. 3. Campaign daybed, The Independents collection, three drawers, vinyl upholstery, five lacquer finishes or walnut, $320. Bernhardt Furniture Co., Lenoir, N.C. 28645. 4. Dorchester sofa, tufted raven vinyl upholstery, $979.95. Jameson Bedding, Inc., P.O. Box 989, Nashville, Tenn. 37202. 5. Hilton-3 striped Hide-A-Bed, $540. Simmons & Co., 300 Park Ave., N.Y., N.Y. 10022.

G

Score decorating points all around the house with light and easy-to-handle plastic in brilliant colors. All three of these items are from Alfred G. Fein Sales Corp., 225 Fifth Ave., N.Y., N.Y. 10010.

1. Large food keeper, $10. 2. Small food or cheese keeper, $4. 3. Wine racks, $6 a layer (two layers shown).

H

Where wouldn't this shapely chair look smart? It's made of lacquered wood with a high-gloss finish. $95. Beylerian, Ltd., 253 Fifth Ave., N.Y., N.Y. 10016.



Good design happens whe
"form follows function"–
when the object is shape
by the job it will do.

A

Unadorned straight lines and graceful curves characterize this contemporary trio. Available in orange, blue, green and white lacquer finishes with white plastic tops, the six-drawer-plus-a-door vanity chest, $149, and vanity desk, $90, are from the "Rallie" collection. Bassett Furniture Industries, Bassett, Va. 24055. White wood and cane folding chair, $52.50. Wellington Hall, Thomasville, N.C. 27360. Kinetic art sculpture, $8. Bonniers, Inc., 605 Madison Ave., N.Y., N.Y. 10022.

B

These three tables represent the integration of good design and advanced technology. Because they are made of Monsanto's ABS plastic in a one-step molding process, they cost much less than other plastic furniture. Yellow bunching table, $12.50; red cocktail table, $19.95; black end table, $24.95. Also available in red-orange, orange and green. All virtually scratch-proof. Polyform Corp. of America, 205 Lexington Ave., N.Y., N.Y. 10016. Lamp in a choice of colors, $12. Be Seated, 66 Greenwich Ave., N.Y., N.Y. 10006.

C

A modular unit designed with a child in mind. It's durable, changeable and easy to clean. 1 & 2. Bunk beds, desk, ladder and two-drawer chest, $329.95. Mattresses are $39.95 eac Cube seat, $29.95. Units can b rearranged. Childcraft Cente 150 East 58th St., N.Y., N. 10022. 3. "Super King" ru 6x9 feet, $250. Cabin Craft WestPoint-PepperellCarpetar Rug Div., Dalton, Ga. 30720. Fabric on beds, $4 a yar Bloomcraft, 15 East 26th S N.Y., N.Y. 10010. 5. Pillow large, $17.50; small, $8.50. D sign Research, 53 East 57th S N.Y., N.Y. 10022. 6. Plastic pe cil holder, $4.50. Georg Jense Madison at 57th St., N.Y., N. 10038. 7. "The Bolero" radi $12.95. Panasonic, 200 Pa Ave., N.Y., N.Y. 10017.

D

A lightweight chrome fram helps create the light, airy d sign of this folding chair, $4 Beylerian Ltd., 253 Fifth Ave N.Y., N.Y. 10016.

E

With this inexpensive and eas care plastic dinnerware, vibra color comes to the table. Dinn plates, salad plates, soup bowl cups and saucers are availab in red, yellow, blue and whit Four-piece place setting, $1.9 Twenty-piece starter set for fou $12.99. Oneida Silversmith Oneida, N.Y. 13421.

F

Almost every imaginable col and pattern are available in ca peting and rugs today. A few e ampies of the wide selection area rugs and carpets are: "Spring Garden," 34"x54 $27.50. 2. "Zebra," 6'x9 $201. 3. "Cathedral," 34"x58 $27.50. 4. "Finlandia," Sha Art Group, $10 per square yar sold only in 12-foot widths. "Brigadoon," 4'x6', $33. "May-Ling," 4'x6', $142. "African Primitive," 6'x9 $201.8. "Op Art," 4'x6', $18.5 9. "Brite n' Lite," Shag A group, $10 per square yar sold only in 12-foot widths. Mo of these area rugs are availab in other sizes. All from Sear Roebuck and Co., 925 Sou Homan Ave., Chicago, Ill. 6062

G

Streamlined designs, adaptab







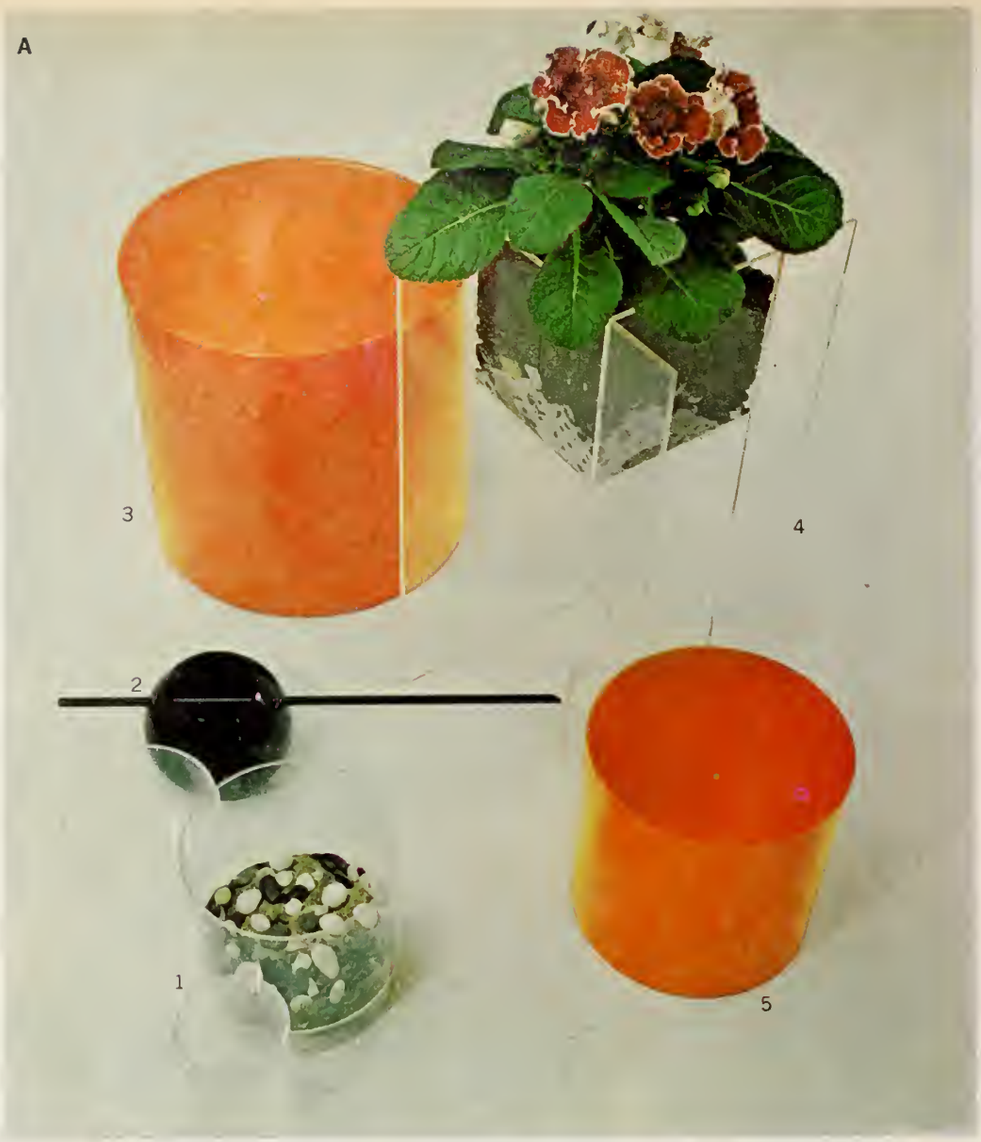






to every room in the house. 1. Etagere, made of Monsanto's ABS plastic, $129. Polyform Corporation of America, 205 Lexington Ave., N.Y., N.Y. 10016. 2. Clock radio, $39.95. Magnavox, 270 Park Ave., N.Y., N.Y. 10017. 3. Spiral silver candle holder, $25. Dansk Designs Ltd., Mount Kisco, N.Y. 10549. 4. Lamp with ceramic base, $18. Raymor/Richards Morgenthau, 225 Fifth Ave., N.Y., N.Y. 10010. 5. Plastic stack glasses, 95c each. Azuma, 666 Lexington Ave., N.Y., N.Y. 10022. 6. Mirror with plastic frame and pedestal, $34. Luten-Clarey-Stern, 1059 Third Ave., N.Y., N.Y. 10021. 7. "Oakwood," A.C. battery-operated cassette tape recorder, $59.95. Features include: automatic record control, continuous tone control, pop-up cassette for instant change. Panasonic, 200 Park Ave., N.Y., N.Y. 10017. 8. Stacking chair designed by Norman and Eckstrand, $67. Dunbar/Dux, 305 East 63rd St., N.Y., N.Y. 10021.

If it's well designed, it lead a long and useful life. Fads won't faze it and you won't tire of it



A

Planters with simple lines with anything. See-through o enable you to check moist

1. Plexiglass rounds, $6 up. Van Dow Fenton, 225 Fi Ave., N.Y., N.Y. 10010. 2. V tering can, $20. Bonniers, 6 Madison Ave., N.Y., N.Y. 100 3. Table-planter, $67. Lut Clarey Stern, 1059 Third Av N.Y., N.Y. 10021. 4. Plexigla planter, $50. Scarabaeus Lt 223 E. 60th St., N.Y., N 10022. 5. Plastic contain $12. Beylerian Ltd., 253 Fi Ave., N.Y., N.Y. 10016.

B

Tin canisters are lightweig easy to handle when filled. S $6. Harriet Amanda Chapma 225 Fifth Ave., N.Y., N.Y. 1001

C

Fold-up plate rack saves spa if you need to store it, $13. A fred G. Fein Sales Corp., 22 Fifth Ave., N.Y., N.Y. 10010. S of plastic dinner plate, cup an saucer and bowl, $1.95. Th Pottery Barn, 231 Tenth Ave N.Y., N.Y. 10011.

D

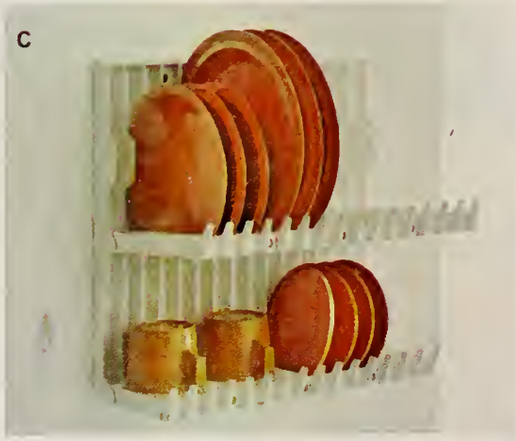
If you're hunting an outdo chair that really takes all kind of weather, here's your answe It's light polyvinyl-chloride an won't rust, warp, or peel. Fro the Idyllwild collection, $6 Landes Manufacturing Co., P.O Box 2197, Gardena, Calif 90247.

E

Why settle for plain towels whe you can find works of art lik these at department stores al around the country? Prices here are for bath size.

1. Aurora, $4.50. Callaway by Milliken, Deering Milliken, Inc., 1045 Sixth Ave., N.Y., N.Y. 10009. 2. Love Knots, $3.50. Martex towel. WestPoint-Pepperell, 111 W. 40th St., N.Y., N.Y. 10018. 3. Vis-a-Vis, $4. Fieldcrest, 60 W. 40th St., N.Y., N.Y., 10018. 4. Discovery, $5. Fieldcrest. 5. Illusion, $4.50. Callaway by Milliken. 6. Cubano, $3.50. Martex towel. WestPoint-Pepperell. 7. Dimensions, $5. Fieldcrest. 8. Grillade, $5.50. WestPoint-Pepperell. 9. Sheared Stripe, $2.25. Selected J.C. Penney stores and catalogs.








1
2
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9

A



B



Think big—or think small. Good design comes in all sizes, small as a pepper mill or big as a table.

C



A

This rugged and adaptable trio is right at home on outdoor patio or indoor playroom. The "V" legs of the chairs and the "X" legs of the table allow you to set up quickly for any occasion. Later, just fold up and slide the furniture into any closet for easy, convenient storage. Chairs are $12 each; table, $30. They are available from Design Research, 53 East 57th Street, N.Y., N.Y. 10022.

B

Any ceramic tile can be used for floors, walls, or just decoration but the examples shown here are something special. Their bright colors and interesting patterns make the difference and prove that ceramic tile doesn't have to have a smooth-finish and pastel color. Tile manufacturers represented are: Villeroy and Boch, 41 East 42nd Street, N.Y., N.Y. 10017; Heath Ceramics, Sausalito, Calif. 94965; American Olean Tile Company, Lansdale, Pa. 19446; Mosaic Tile Company, 909 Railroad Avenue, Corona, Calif. 91720; Interpace Corporation, 2901 Los Feliz Boulevard, Los Angeles, Calif. 90027. The tile shown here sells from 20 cents to $4.30 each and is available through local tile dealers.

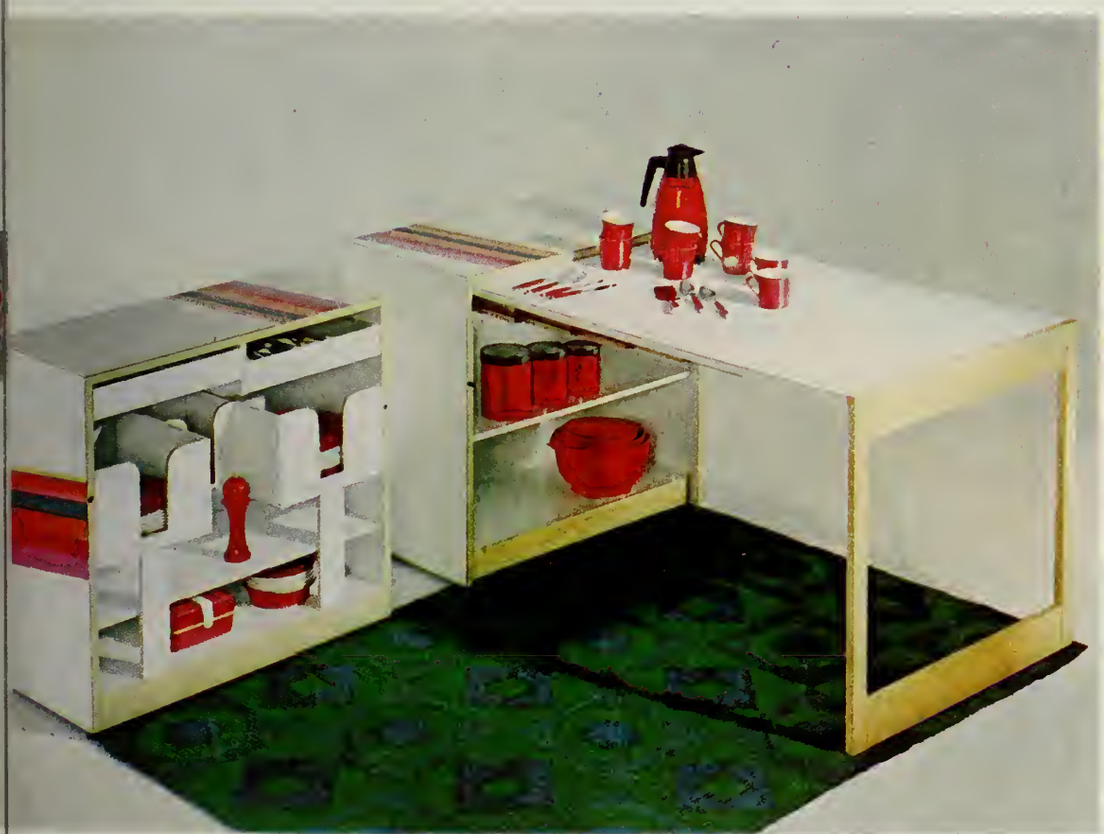
C

Sheets of plastic are bent and molded to form these handsome and useful shelf units. The ledge shelf above is perfect for a small collection of books. Used with the magazine rack, gives you a mini library. You could also use the ledge for displaying treasures as we've done here. Installation is fast and easy. Both of these units fasten to the wall with normal screws. Ledge shelf and magazine rack, $20 each. The Door Store, 210 East 51st Street, N.Y., N.Y. 10022. The minuscule lamp, $17, Lightolier, 11 East 36th Street, N.Y., N.Y. 10016. Assorted small accessories from Peter Breck, 225 5th Avenue, N.Y., N.Y. 10010: bowl, $2.75, coffee mugs, $10 per set of six; coasters, $5 per six. Scissors, $5 from Bonniers, 605 Madison Avenue, N.Y., N.Y. 10022.

D

Bright colors and simple streamlined design give this furniture a space-age feeling. The sofa rests on two stainless steel rectangles so that it seems to float. The checkerboard coffee table has an easy-care lacquer finish. The checkerboard is available in 14 colors or combinations. Flexible polyurethane foam—the material of the





F



G



venties—was used to mold e chair in the background. It's st right for relaxed, comfort- le sitting. The luxurious sofa available in a choice of sever- upholstery variations, $599. ars, Roebuck, 925 South Ho- an, Chicago, Ill. 60624. Coffee ole, $150. Thayer Coggin, uth Road, High Point, N. C. 260. Chair, $129. Burris anufacturing Company, Lin- lnton, N. C. 28092. Lamp, -3. Shop II, 47 West 57th reet, N.Y., N.Y. 10019.

E

ith a striking area rug, hand- me utensils, and a self-stor- g table, you're all set for com- pletely carefree dining. When the compact unit is closed, there is plenty of room for out-of-the-way storage of table settings. The dining cube is $450. The Workbench, 470 South Park Avenue, N.Y., N.Y. 10016. Knives and forks, $3.75 per three-piece setting. Oneida Silversmiths, Oneida, N.Y. 13421. Plates and cups, $12.95 per four-place setting. Bonniers, 605 Madison Avenue, N.Y., N.Y. 10022. The 4x6 area rug, $20. Lord and Taylor, 424 5th Avenue. N.Y., N.Y. 10018. Pitcher, $20. Fisher and Bruce Company, 225 5th Avenue, N.Y., N.Y. 10010. Pepper mill, $5. Barman International, 225 5th Avenue, N.Y., N.Y. 10010. Canister set, $6. Alfred Fein, 225 5th Avenue, N.Y., N.Y. 10010.

F

Inspired by designs of the Far East, this "Sahib" chair of Naugahyde and oak is the perfect chair for the den. The back is flexible and pivots on dowels to conform to your body. The chair is sturdy enough to take the toughest wear and comes in many colors, all of which blend nicely with the wood structure. The seat and back are also available in leather at a slightly higher price. Chair, $100. Brown-Saltman, 15 South Figueroa Street, Gardena, Calif. 90247. Tangaree pattern shag carpeting in golden brown, around $11 per square yard. Cabin Craft, Division of WestPoint-Pepperell, Dalton, Ga. 30720.

G

This sleek little table measures only 13x19 inches and is 20 inches high. Just the right size to perform beautifully as an end table in the living or family room or most anywhere you can think of. The bronze glass top, tortoiseshell finish and bronze leg caps contribute to the look of quiet elegance. The table sells for $109 from Henredon Furniture Company, Morganton, N.C. 28655.





FOOD TO FIT THE OCCASION

by Doris Eby, Food Editor, and Nancy Hopkins, Associate

During the holidays, all sorts of good times happen around good food. That means you're probably looking for very special party ideas: food that's festive to look at, fast and fun to prepare, and—first and foremost—exceptionally tasty. To fill the bill, we've rounded up a party package of just-for-fun food—to fit every get-together on your family's holiday agenda, from cozy coffee klatch to crowd scene. Take a look—we're betting you'll find ideas you'll want to invite to your next party.

New Year's Day Brunch

NEW YEAR'S DAY finds many of us at home sunk into comfortable chairs watching the football parades and games. It's also a day of casual entertaining and gatherings on the spur of the moment. The food should be simple, informally served, and easy on the cook.

Our New Year's Day Brunch features roasted **Glazed Canadian-style Bacon** and **Cheesy Egg Bake.** They require little attention and come out of the oven together—the bread even toasts itself as the eggs bake. The fruit-laced beverage (served either with or without spirits) is **Fruited New Year's Day Sparkler** and is made ahead to chill. Set out a fruit and cheese platter which goes together in a snap. Convenience is the key—holiday hospitality couldn't be easier!

(*Recipes begin on page 73.*)

Photographs: de Gennaro



Fondue for Drop-in Friends



BONVIVIAL is the word for fondue cooking. Strangers meet and become friends, and old friends reminisce as they gather round the pot to dip, dunk and cook. The food is the entertainment! Shops are brimming with the utensils you'll need—pots, forks, sauce bowls and plates. To cook with oil, you'll need metal pots, but colorful ceramic ones are fine for cheese and other kinds of fondue. And once you get started, you'll find there's no end to the variety of fondue combinations.

Featured here are **Sauerkraut Balls** (far left) and **Cheese Fingers** to cook in bubbling oil. Sauces can be quick or fancy – we suggest **Quick Curry Dip** and **Mustard Sauce** you make yourself and sweet-sour sauce, jam, jelly or honey you pick up at the store. The center pot holds **Brandied Strawberry Fondue** ready for fruit, cake or marshmallow dippers. On the right is a **Beer Rarebit Fondue** served with French bread cubes.

(*Recipes begin on page 73.*)





Buying information, page 81

Come for Coffee... Afternoon Cards... a Committee Meeting

COFFEE is a cup of warm hospitality! It's an unbeatable way to say welcome and put your guests at ease—whatever the occasion may be.

Homemade bread seems to say "You are special friends" better than anything else you can serve. Make it ahead so you can relax and enjoy the company; then, if you like, pop the bread in the oven to warm. You can't miss when you choose from these possibilities: **Gumdrop Bread** sparked with the bright candy drops; **Apple Dandy Rolls** brimming with a nutty cranberry apple filling; or **Cherry Coffee Cake** layered with shimmering red cherry pie filling and a streusel topper. Dress up the coffee with whipped cream and a touch of orange peel, a cinnamon-stick stirrer, a twist of lemon . . . or maybe even a little holiday cheer.

(*Recipes begin on page 78.*)

Follov-
lo



COME in out of the cold to a hearty meal that says "Welcome home." When you've spent the day sledding, skiing, skating or making snowmen, you're bound to have a ravenous appetite. This warming supper is guaranteed to hit the spot. It scores, too, because you can make it ahead and join the fun with the rest of the family. The kids, young and older, will love to sip **Hot Buttered Lemonade** while the feast warms. Cinnamon stick muddlers make the mugs even more appealing. Then, by the time the family has started to revive, bring on **Hearty Fiesta Burgers** and **Parsley-buttered Loaf** to take care of those appetites. End with pecan-topped **Carmelitas**—chewy chocolate chip cookies covered with luscious layers of chocolate and melted caramels. Certainly worth coming in for! *(Recipes begin on page 79.)*

Buying information, page 81





Lots of Friends— Lots of Food

GO AHEAD AND INVITE the crowd—the more the merrier! In a normal-sized living or family room, all you need to do is move a few steps and you're in the midst of a new and friendly conversation. To entertain a big group, select a time either before or after the usual dinner hour. That way, guests will expect a snack rather than an elaborate spread. As for the food, plan on setting out a wide variety to please everyone from the adventurous nibbler to the cautious dieter. You'll make everybody happy with: (left to right) **Liptauer Cheese Ball,** a make-ahead cheese treat garnished with sliced radish; **Notches,** a Mexican-flavored snack of tortilla chips and refried beans topped with cheese and a slice of chili pepper; **Shrimp Cucumber Dip,** a cottage cheese and vegetable dip for calorie conscious party-goers; **Clamavo Dip,** a take-off on guacamole, but with minced clams added; **Appetizer Cheesecake,** a sour cream mixture sparked with crisp vegetables and layered with cheese cracker crumbs; **Chestnut Meatballs,** man-pleasing appetizers with crunchy water chestnuts sprinkled throughout the ground meat mixture.

(Recipes begin on page 80.)





Buying information, p

Wine to Welcome the New Year

AS THE HANDS near the top of the clock and the excitement mounts, bring on a beverage to match the occasion—something special, spectacular and sure to please. A wine beverage is ideal. If you whip up a large enough batch, there's no need for you to be constantly mixing drinks—the guests can help themselves. Our three suggestions offer a wide variety to satisfy many tastes. The **Rosy Champagne Punch** (center) floats brandied cherries in a bubbly pineapple and champagne combo. **Sherried Chocolate Frappes** (right) are a sophisticated milk-ice cream combo with cream sherry adding that delightful spark. Or, try **Hot Apple Wine,** guaranteed to take off the chill.

(*Recipes begin on page 81.*)



If you're a chicken soup fancier, try chicken soup fancier. Campbell's Cream of Chicken Soup.

It's a fancy first course. And a fancy sauce, too. Because Campbell's uses tender light-meat chicken from breasts and wings. And tender dark-meat chicken from thighs and legs. And thick, rich cream. Just to make it even fancier. Why cook plain when it's just as easy to cook fancy?



Sit right down and get your Campbell's worth.



No dishwasher detergent can prevent water spots.

No detergent, even the best, can prevent water spots.

Jet-Dry and only Jet-Dry is made to sheet off water in the rinse cycle. (It's there water spots form, after your detergent's gone down the drain.) Jet-Dry comes in liquid for machines with dispensers. Or a solid little basket you hang in your dishwasher.

So next time a dishwasher detergent promises you nothing but spotless, spotless, spotless, remember its claim goes down the drain when it goes down the drain.

Try Jet-Dry Water Spot Remover. You'll see what spotless really means.

Promise.

Solid. Liquid.

Jet-Dry Water Spot Remover.

FAMILY MONEY MANAGEMENT®

Tax questionnaire incentive winners

As part of our 1970 tax questionnaire project, we've awarded 25 Better Homes and Gardens readers $500 each. Here—as promised in the contest rules—we're listing the names of these incentive winners.

We'd like to con
these winners, but als
thank the thousands
dents who took the
send us their answers
very tough tax questi
candid, perceptive
have given us unpre
sources of research da
day's tax problems.

We'll be putting t
mation to good use in
our upcoming issues
March 1971 issue, we
ning a comprehensive
the results. In the n
we plan to share your
with legislators, educa
industry leaders—peo
whom your opinions

INCENTIVE WINNERS

Donald R. Fouts
Bloomington, Minnes

Edward D. Johnson
Pompano Beach, Flor

Katherine S. Miller
Miami, Florida

James N. Atkinson
Alexandria, Virginia

Mrs. Mary Lou Papel
Hamden, Connecticut

J. A. Heasley
Weston, Connecticut

G. W. Lafond
Holbrook, Massachus

Leo Brown
Eureka, Kansas

Terry and Alyce Evar
Shiremanstown, Penns

M. W. Copeland
Healdsburg, California

Edward Duehmig
Fort Wayne, Indiana

Walter Mueller
Deerfield, Illinois

Mrs. Felicia B. Copels
East St. Louis, Illinois

D. C. Shattuck
Winter Haven, Florida

Robert Coker
Oxford Junction, Iowa

Ted Velderman
Mt. Clemens, Michiga

M. L. Raymond
Moline, Illinois

Philip Earl Nuesse
Kansas City, Kansas

Willard R. Overholser
Goshen, Indiana

Susan Mueller
Appleton, Wisconsin

H. W. Jamison, Jr.
Hightstown, New Jers

Mrs. P. J. McCormick
Palos Heights, Illinois

Anthony Quirici
Manchester, Connecti

Miss Jean Parr
Evansville, Indiana

Mrs. Larry Sebastian
Bethel Park, Pennsylv

to fit the ion

age 60

adian-style Bacon
r a special brunch—
ce Canadian-style

n sugar
n all-purpose flour
dry mustard
ground cloves
ns water
dian-style bacon in
ing pan. Bake, un-
350° oven for 1
while, blend togeth-
gar, flour, mustard
add water and mix
half the mixture
eturn to oven for 10
rush on remaining
d bake 5 minutes
s 12 servings.

Bake
sparks this dish—
ensed cream of
oup

instant minced

prepared mustard
cups) shredded
wiss cheese

hick slices French
ttered and halved
rsley
n, combine soup,
and mustard. Cook
smooth and heated
emove from heat;
e till melted. Pour 1
sauce into each of
¾-inch baking dish-
eggs into sauce in
ole. Carefully spoon
sauce around eggs.
nch bread slices
es of casseroles with
ake in 350° oven for
or till eggs are set.
th snipped parsley.
ervings.

Day Fruited

nk guests will love—
nberry juice

an (¾ cup) frozen
ice concentrate,

r
a (optional)
ottles (about 2 cups)
d water, chilled
ranberry juice, or-
ntrate, and sugar;
ar dissolves. Chill.
pour juice mixture
or punch bowl; add
l lemon or orange
ired. Carefully pour
water down side of
ve over ice. Makes

The egg and I



Establishing friendly relations with eggs has always been an easy thing for Bac*Os® product. Sprinkling it on *just before serving* adds a crisp and a crunch that changes an ordinary egg into an event. With a flavor like bacon, it is the perfect egg complement at breakfast, brunch, lunch or supper. And once you've sprinkled Bac*Os product on top of eggs, you'll really get ideas! Here are three more we guarantee will always have you saying "give me Bac*Os and eggs."



Creamy Scramble Surprise with Bac*Os
8 eggs, slightly beaten
1 package (3 ounces) cream cheese, cut up
2 tablespoons snipped chives
2 tablespoons butter or margarine
⅓ cup Bac*Os product

Mix eggs, cream cheese and chives. Heat butter in skillet over medium heat until just hot enough to sizzle drop of water. Pour egg mixture into skillet. As mixture begins to set at bottom and side, gently lift cooked portions with spatula so that uncooked portion can flow to bottom. Avoid constant stirring. Cook until eggs are thickened throughout but still moist. Sprinkle Bac*Os product over top. *6 to 8 servings.*



Bac*Os and Golden Eggs on Toast
1 can Betty Crocker Cheese Sauce
4 hard-cooked eggs, sliced
4 slices toast
⅓ cup Bac*Os product

In small saucepan, heat Cheese Sauce just to boiling, stirring constantly. Arrange egg slices over warm toast. Spoon Cheese Sauce over eggs; sprinkle with Bac*Os product. Serve immediately. *4 servings.*

® Reg. T.M. of General Mills, Inc.



Bac*Os Scrambled Egg Omelet
3 eggs
Dash of salt and pepper
1 tablespoon butter or margarine
¼ cup shredded natural Cheddar cheese
1 tablespoon freeze-dried chives
2 tablespoons Bac*Os product

Mix eggs, salt and pepper. In 8-inch skillet or omelet pan, heat butter over medium heat. Pour egg mixture into skillet. As mixture begins to set at bottom and side, gently lift cooked portions with spatula so that uncooked portion can flow to bottom. Avoid constant stirring. Sprinkle with cheese, chives and 1 tablespoon of the Bac*Os product. When mixture has set, fold or roll over. Sprinkle remaining Bac*Os product over top. *2 servings.*

Sauerkraut Balls
Made with cream cheese—
8 ounces pork sausage, finely crumbled
¼ cup finely chopped onion
1 14-ounce can sauerkraut, well drained and snipped
2 tablespoons fine dry bread crumbs
1 3-ounce package cream cheese, softened
2 tablespoons snipped parsley
1 teaspoon prepared mustard
¼ teaspoon garlic salt
⅛ teaspoon pepper
¼ cup all-purpose flour
2 well-beaten eggs
¼ cup milk
¾ cup fine dry bread crumbs

In skillet, cook sausage and onion till meat is browned; drain. Add sauerkraut and the 2 tablespoons bread crumbs.

Continued on page 78

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Buying information, page 81

FAST BANANA DESSERTS

Trinidad Banana Sherbet

Toasted coconut adds crunch to this subtle banana-lime sherbet—winner of the top award as a fast banana dessert—

1 14½-ounce can (1⅔ cups) evaporated milk
½ of a 6-ounce can (⅔ cup) limeade concentrate, thawed
½ cup sugar
⅓ cup sweetened toasted coconut
2 medium bananas, mashed (about 1¼ cups)
Few drops green food coloring

Pour evaporated milk into one 8-cup or two 4-cup refrigerator trays; freeze till ice crystals form around edges, about 1 hour. Transfer milk to large chilled mixer bowl; whip till stiff peaks form. Combine limeade concentrate, sugar, coconut, mashed banana, and food coloring; fold into whipped milk. Turn banana mixture into refrigerator tray; freeze till firm. To serve, spoon into sherbet glasses. Makes 2 quarts.

Mrs. Marjorie Lindsay, Bonaparte, Iowa

Cut along dotted line

Photographs: Scott

FILE UNDER DESSERTS

FANCY BANANA DESSERTS

Bananas Aux Fruits

Elegant fruit-sauced bananas win in the fancy category—
Combine 1 slightly beaten egg and 1 tablespoon lemon juice. Peel 6 firm medium-sized bananas and coat with egg mixture; place on greased baking sheet. Break 9 soft macaroon cookies into coarse crumbs (1½ cups); stir in 2 tablespoons all-purpose flour and pile mixture on bananas. Bake in 375° oven for 8 to 10 minutes. Combine ¼ cup apricot preserves, 2 tablespoons melted butter or margarine, and 2 teaspoons lemon juice; spoon over bananas and bake 3 to 5 minutes more or till hot. Serve with hot *Cherry Sauce:* Drain one 8¾-ounce can pitted dark sweet cherries, reserving syrup. Halve cherries. Add enough port wine to syrup to make ¾ cup. In saucepan, combine 2 tablespoons sugar, 1 tablespoon cornstarch, and dash salt. Stir in reserved syrup mixture. Cook, stirring constantly, till mixture thickens and bubbles; add cherries and heat just to boiling. Makes 6 servings.

Winifred Stewart Tower, Chicago, Ill.

Better Homes NEW COOK BOOK

PRIZE TESTED RECIPES
ADD TO YOUR COOK BOOK



Banana Bread Pudding

4 slices day-old bread
4 tablespoons butter or margarine, softened
1 cup apricot nectar
2 beaten egg yolks
¼ cup sugar
2 medium bananas, sliced (about 1½ cups)
2 egg whites
½ teaspoon vanilla
¼ teaspoon cream of tartar
¼ cup sugar

Spread bread on both sides with butter or margarine; cut into ½-inch cubes. Combine nectar, egg yolks, and the first ¼ cup sugar; add bread, stirring till moistened. Place half of mixture in round 1½-quart casserole. Top with banana slices; cover with remaining bread mixture. Bake in 350° oven for 35 minutes. Beat egg whites, vanilla, and cream of tartar to soft peaks. Gradually add the remaining sugar, beating to stiff peaks. Spread meringue over hot pudding sealing to edge. Bake 12 to 15 minutes more. Makes 6 servings.

Mrs. Robert C. Legg
Kansas City, Missouri



Mai Tai Banana Mold

½ cup sugar
1 envelope (1 tablespoon) unflavored gelatin
2 beaten egg yolks
½ cup pineapple juice
¾ cup bottled non-alcoholic mai tai cocktail mix
2 egg whites
2 tablespoons sugar
½ cup whipping cream
3 medium bananas, sliced (2 cups)

Combine the ½ cup sugar, the gelatin, and a dash salt. Stir in egg yolks; mix well. Blend in pineapple juice. Cook and stir till mixture thickens and gelatin is dissolved. Stir in mai tai mix. Chill till partially set. Beat egg whites to soft peaks. Gradually add the remaining sugar; beat to stiff peaks. Whip cream. Fold beaten egg whites into gelatin mixture; fold in whipped cream. Chill till mixture mounds. Fold in bananas; turn into 5-cup mold. Chill till firm. Makes 6 to 8 servings.

Rebecca Getschman
Kailua, Oahu, Hawaii



Banana Peanut Parfaits

Whip up the pudding to chill, then let the kids make their own—

1 3- 3¼-ounce package *regular* vanilla pudding mix
2 bananas, sliced (about 1½ cups)
¼ cup chopped milk chocolate pieces or milk chocolate candy bar
¼ cup chopped peanuts

Prepare pudding mix according to package directions. Cover surface of pudding with waxed paper; chill. Remove waxed paper; stir banana slices into pudding. Combine chocolate pieces and peanuts. In parfait glasses, alternate layers of pudding and peanut mixture beginning with pudding and ending with peanut mixture. Use about ½ cup pudding mixture and 1 tablespoon peanut mixture in each parfait. Makes 6 servings.

Melissa Lippke
Huntington, Long Island, New York



Saucy Banana Dumplings

Pastry for 2-crust pie
2 to 3 firm ripe bananas
2 tablespoons lemon juice
¼ cup sugar
¼ teaspoon ground cinnamon
¼ cup sugar
1 tablespoon cornstarch
1 cup orange juice
1 tablespoon butter or margarine
2 teaspoons lemon juice

Roll pastry to 16 x 8-inch rectangle, about ⅛-inch thick. Cut into eight 4-inch squares. Peel and cut bananas in eight 1½-inch pieces; dip in the 2 tablespoons lemon juice. Combine the first ¼ cup sugar and the cinnamon. Place a banana piece on each pastry square; sprinkle each with 1 teaspoon of the sugar mixture. Moisten edges of pastry. Bring corners to center; pinch edges to seal. Brush dumplings with a little milk; sprinkle each with ½ teaspoon of the remaining cinnamon sugar. Place dumplings on baking sheet. Bake in 425° oven for 12 to 15 minutes. Serve immediately with hot *Orange Sauce:* In saucepan, combine the remaining sugar and the cornstarch. Stir in orange juice; cook and stir till mixture thickens and bubbles. Remove from heat; add butter or margarine and remaining lemon juice. Makes 4 servings.

Mrs. Roy P. Kropp
Knox, Indiana

Photographs Scott



If you can see what's wrong with this peach, your standards are up to ours.

(Blush on skin of peach is too red. Peach inside will be dull and brown. Not acceptable for Del Monte.)



The more you know
about peaches,
the better for Del Monte.



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Corn-Crisped Chicken

Just dip, roll, and bake using golden Kellogg's Corn Flake Crumbs

The easy, modern way to prepare old-fashioned, crisp chicken without the fuss of frying. Treat your family tonight.

Have ready—3 lbs. frying chicken, cut up. Wash chicken pieces and dry thoroughly.

DIP chicken pieces in ½ cup evaporated milk.

ROLL in mixture of 1 cup KELLOGG'S® CORN FLAKE CRUMBS, 1 teaspoon salt, ⅛ teaspoon pepper. Place chicken pieces, skin side up, in foil-lined shallow baking pan; do not crowd. (For added flavor, drizzle with melted butter or margarine.)

BAKE in moderate oven (350° F.) about 1 hour or until tender. No need to cover pan or turn chicken while baking. Cover loosely with foil if less crisp crust is desired.

YIELD: 6 servings



® Kellogg Company

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Food to fit the occasion

Continued from page 73

Combine cream cheese, parsley, mustard, garlic salt and pepper; stir into sauerkraut mixture. Chill. Shape into ¾-inch balls; coat with flour. Combine eggs and milk. Roll floured balls in egg mixture, then in remaining bread crumbs.

Pour cooking oil into fondue cooker to no more than half capacity or to depth of 2 inches. Heat over range to 375°. Transfer cooker to fondue burner. Have meatballs at room temperature. Spear meatball with fondue fork; fry in hot oil till golden, 30 to 60 seconds. Transfer to dinner fork; dip in bottled sweet-sour sauce, Mustard Sauce, or Quick Curry Dip.

For Mustard Sauce: In bowl, stir together ½ cup mayonnaise or salad dressing and 2 tablespoons prepared mustard. Makes ½ cup.

For Quick Curry Dip: Combine ½ cup dairy sour cream and ½ teaspoon curry powder; chill. Makes ½ cup.

Cheese Fingers

Bread crumbs add crispness to the melting cheese—

8 ounces unsliced mozzarella cheese
⅓ cup all-purpose flour
2 beaten eggs
1¼ cups dry whole wheat bread crumbs (6 slices bread)

Cut cheese into 40 strips 1½ inches long and ½ inch thick. Coat each piece with flour. Dip in egg; roll in bread crumbs. Dip again in the egg and the crumbs. Heat oil in fondue cooker to 375°; fry each coated cheese stick in hot oil for 25 to 35 seconds. Do not overcook. Transfer to dinner fork. Serve with honey, jam, or jelly.

Brandied Strawberry Fondue

An elegant dessert—

2 10-ounce packages frozen strawberries, thawed
¼ cup cornstarch
2 tablespoons sugar
½ cup water
1 4-ounce container whipped cream cheese, softened
¼ cup brandy

In saucepan, crush strawberries slightly. Blend together cornstarch, sugar and water; add to berries. Cook and stir till thickened and bubbly. Pour into fondue cooker; place over fondue burner. Add cream cheese, stirring till melted. Gradually add brandy. Spear pear, peach, pineapple, or cake cubes, or marshmallows with fondue fork; dip in fondue. Makes 3 cups.

Beer Rarebit Fondue

Great tossed with vegetables, too—

16 ounces (4 cups) shredded sharp natural cheddar cheese
½ cup beer
2 teaspoons worcestershire sauce
½ teaspoon dry mustard
⅛ teaspoon garlic powder
Dash bottled hot pepper sauce
1 tablespoon cornstarch
2 tablespoons water
French bread cubes

Have cheese at room temperature. In small mixer bowl, beat cheese at low speed on electr mixer till blended; graduall add beer, mixing at mediu speed till fluffy. Add worceste shire, mustard, garlic powd and pepper sauce; beat wel Melt cheese mixture in fondu cooker on range. Blend togeth cornstarch and water; add fondue. Cook and stir till thic ened and bubbly. Trans cooker to fondue burner. Spe a bread cube with fondue for Dip into fondue and swirl coat bread. Makes 3 cups.

Gumdrop Bread

Try it with spiced gumdrops

3 cups sifted all-purpose flour
¾ cup sugar
3½ teaspoons baking powder
1 teaspoon salt
1 beaten egg
1½ cups milk
2 tablespoons cooking oil
½ cup chopped walnuts
¾ cup snipped gumdrops

Sift together flour, sugar, ba ing powder and salt. Combi egg, milk, cooking oil, gu drops and nuts; add to dry i gredients, mixing just till co bined. Pour into greased a floured 9x5x3-inch baking pa bake in 350° oven for 1 hour till done. Remove from pa cool on rack.

Apple Dandy Rolls

A packaged roll mix spe these along—

1 package hot roll mix
¾ cup *warm* water
¼ cup sugar
½ teaspoon ground nutmeg
1 egg

• • •

1 medium apple, pared, core and chopped (1 cup)
½ cup fresh cranberries
½ cup sugar
¼ cup chopped walnuts
1 tablespoon butter or margarine

Dissolve yeast from hot mix in the ¾ cup *warm* wat Stir in the ¼ cup sugar, t nutmeg, egg and the hot mix; mix well. Cover and c thoroughly, at least 2 hou Roll out on lightly floured s face to 18x10-inch rectang Cut in eighteen 10-inch stri Roll each strip into a "rop coil strips loosely to form rou rolls. Place on greased bak sheet. Gently press center each roll and fill with abou tablespoon Cranberry Ap Filling. Let rise in warm pl till almost double, 30 to 45 m utes. Bake in 375° oven for minutes. Drizzle with con tioners' sugar icing while wa Makes 18 rolls.

Cranberry Apple Filling: small saucepan, combine ap cranberries and the ½ sugar. Cook and stir over m dium heat till apple is tende to 7 minutes. Remove fr

nd stir in nuts and butter
rgarine. Cool.

y Coffee Cake

this warm or cooled—
ps sifted all-purpose flour
granulated sugar
aspoons baking powder
spoon salt
espoons butter or
garine
tly beaten egg
espoons milk
poon vanilla
unce can cherry pie
ig
sifted all-purpose flour
brown sugar
spoon ground cinnamon
espoons butter or
garine
gether the 1¼ cups flour,
anulated sugar, baking
r and salt. Cut in the
tablespoons butter or
rine till mixture resem-
oarse crumbs. Combine
ilk and vanilla; add to
gredients and mix well.
l in greased 11x7x1½-
an; spoon cherry pie fill-
er top. Combine the re-
ig flour, the brown sugar
nnamon. Cut in remain-
tter till mixture resembles
crumbs; sprinkle over
ing. Bake in 350° oven
to 50 minutes.

uttered Lemonade

e off the chill—
ps boiling water
sugar
aspoons grated lemon

lemon juice
espoons butter or
garine
amon sticks
icepan, combine water,
lemon peel and juice.
stirring occasionally, till
through. Pour into
top with butter or mar-
about 1 teaspoon on
erve with cinnamon stick
s. Makes 6 servings.

Fiesta Burgers

the patties ahead, cover,
frigerate—
finely crushed saltine
kers (21 crackers)

chopped onion
catsup
oons worcestershire
e
spoon salt
epper
d ground beef
ondensed cream of
room soup
unce can kidney beans,
ned
chopped green pepper
es (½ cup) shredded
ral cheddar cheese
ne crumbs, eggs, onion,
, worcestershire, salt and
; add ground beef and
ll. Shape meat mixture into 6 patties. In large skillet, brown patties on both sides. Pour soup over meat; top with beans and green pepper. Cook, covered, over low heat 10 minutes. Sprinkle cheese over mixture; cover and cook 5 minutes more. Makes 6 servings.

Here's the famous Good Housekeeping basic diet with some tasty Florida Grapefruit variations.

Lose up to two pounds a week with this basic 1200-calorie diet plan. Caloric and nutrient content of our Shape-up Diet has been verified by Good Housekeeping Institute. But it's well to check with your doctor before starting any diet. For diet plans and recipes, send name and address to Grapefruit Diet, BH, P.O. Box 6066C, Orlando, Florida 32803, with 25¢ in cash only (for postage and handling).



1200-CALORIE DIET

Breakfast

Grapefruit half or ½ cup freshly squeezed grapefruit juice
and
1 soft or hard-cooked, poached or baked egg and 1 slice lightly buttered toast
or
½ cup cooked or ¾ cup ready-to-eat cereal (choose from your favorites, but flaked or puffed cereals are your best choices) with 1 glass skimmed milk
or
⅓ cup cottage cheese and 1 slice lightly buttered toast
and
coffee or tea, black or with a bit of skimmed milk and no more than 1 teaspoon sugar

Lunch or Supper

3 thin slices lean meat or poultry or 1 medium serving of fish; 2 servings of these vegetables: asparagus, broccoli, Brussels sprouts, cabbage, carrots, cauliflower, celery, green beans, greens, Italian beans, okra, sauerkraut, spinach or tomatoes. Serve them hot (unbuttered), or as salads with low-calorie dressing
or
1 sandwich (2 sliced eggs or 2 slices poultry, lean beef or ham) with mustard, catsup or low-calorie dressing; greens, as desired
or
½ cup seafood, poultry or egg salad made with 2 tablespoons dressing; seasonings and greens
or
2 egg Western, mushroom or plain omelet, cooked in 1 teaspoon fat; 1 slice buttered toast
and
grapefruit half, fresh orange or tangerine or ¾ cup fresh grapefruit sections
and
½ glass skimmed milk or buttermilk
and
coffee or tea (see breakfast note)

Dinner

½ cup freshly squeezed grapefruit juice
and
3 thin slices lean meat or poultry or a medium serving of fish; 2 servings vegetables—one from luncheon list and one of the following: ½ cup serving of beans, corn, macaroni family or potatoes or 1 slice lightly buttered bread
or
any main course from luncheon list and 1 slice lightly buttered or jellied bread or toast
and
½ cup mixed fresh grapefruit and orange sections
or
1 serving fruit from luncheon list;
or
½ cup serving gelatin dessert or pudding made with skimmed milk;
or
1 thin slice angel food or sponge cake
and
1 glass skimmed milk or buttermilk and coffee or tea (see breakfast note)

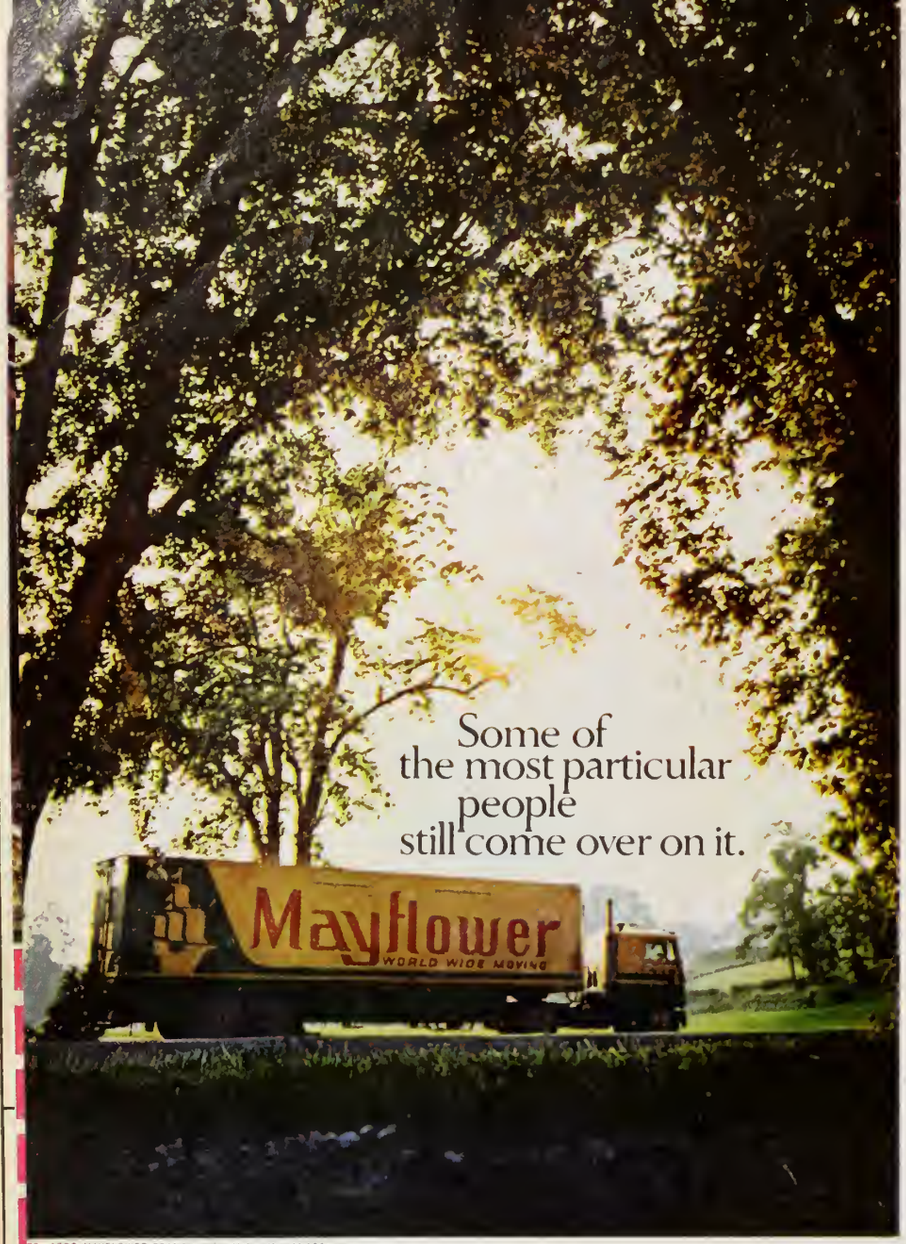
Shape up with Grapefruit from Florida.

Parsley-buttered Loaf

A jiffy hot bread you'll love—

1 loaf brown-and-serve bread with pull-apart slices
6 tablespoons butter or margarine, softened
2 tablespoons snipped parsley
¼ teaspoon onion salt

Split bread about halfway down along each separation. Combine butter or margarine, parsley, and onion salt. Spread butter mixture between slices of bread. Place on baking sheet. Bake in 375° oven for 12 to 15 minutes. *Continued*



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Food to fit the occasion

Continued

Carmelitas

Taste like a candy bar—

32 vanilla caramels
¼ cup light cream or evaporated milk
1 roll refrigerated chocolate chip cookie dough
1 6-ounce package (1 cup) semisweet chocolate pieces
Pecan halves

In top of double boiler, melt caramels in cream, stirring till smooth. Meanwhile, slice cookie dough ¼ inch thick and place on bottom of 9x9x2-inch baking pan, patting to make even crust. Bake in 375° oven for 25 minutes or till lightly browned. Cool slightly. Sprinkle chocolate pieces over warm cookie base; carefully spread caramel mixture atop. Refrigerate 1 to 2 hours; cut into squares and top each with pecan half. Makes 36 pieces.

Liptauer Cheese Ball

An appetizer traditionally served with radishes—

1 8-ounce package cream cheese, softened
½ cup butter or margarine, softened
1 tablespoon anchovy paste
1 teaspoon paprika
½ teaspoon caraway seed
½ teaspoon prepared mustard
Radish slices

In small mixer bowl, beat together cream cheese and butter or margarine. Add anchovy paste, paprika, caraway and mustard; blend well. Line small bowl with clear plastic wrap; turn cheese mixture into bowl. Chill 3 to 4 hours. Invert onto serving plate; remove plastic wrap and smooth surface with spatula. Serve with radish slices.

Notches

Make ahead, refrigerate, then pop under the broiler—

2 ounces natural cheddar cheese
24 taco-flavored tortilla chips
½ cup refried beans or canned bean dip
1 mild chili pepper, diced

Cut cheese into 24 pieces, each measuring ¾x¾x⅛ inch. Arrange tortilla chips on baking sheets. Place a teaspoon of beans in center of each chip. Top beans with a piece of cheese and a piece of chili pepper. Broil 4 inches from heat till cheese begins to melt, 1 to 3 minutes. Makes 24 appetizers.

Appetizer Cheesecake

Featuring layers of cheese-flavored cracker crumbs—

1 cup dairy sour cream
¼ cup finely chopped green pepper
¼ cup finely chopped celery
2 tablespoons finely chopped pimiento-stuffed green
2 tablespoons finely chopped onion
1 teaspoon lemon juice
½ teaspoon worcestershire sauce
Dash paprika
2 to 3 drops bottled hot pepper sauce
⅔ cup rich round cheese cracker crumbs (about crackers)

Thoroughly combine all ingredients except cracker cru
Line 2½-cup bowl with plastic wrap. Reserve son the cracker crumbs for gar
Spread about ½ cup sour c mixture in bottom. Add a ¼ cup crumbs. Repeat l using crumbs and sour c mixture. Chill overnight. out on serving plate; re plastic wrap. Top with rese cracker crumbs. Serve wit sorted crackers and vegeta

Shrimp-Cucumber Dip

Sophisticated, yet low calo

1 medium unpared cucuml
1 cup cream-style cottage cheese
2 tablespoons finely chopp onion
2 teaspoons vinegar
½ teaspoon prepared horseradish
1 4½-ounce can shrimp, drained and coarsely cho

Cut cucumber in half len wise; remove seeds and disc Shred enough cucumber make 1 cup; drain. In s mixer bowl, combine the sh ded cucumber, cottage che onion, vinegar and horsera Beat smooth. Stir in shri Serve with crackers or ce and carrot sticks. Makes a 2 cups.

Clamavo Dip

Avocado adds a festive touch-

2 ripe avocados, seeded, peeled, and cut into piec
1 7½-ounce can minced cla drained
1 tablespoon chopped onio
2 tablespoons mayonnaise salad dressing
1 tablespoon lemon juice
½ teaspoon salt
Dash freshly ground peppe
Dash garlic salt

In blender container or s mixer bowl, combine all in dients. Cover and blend smooth. Chill to blend flav Use crackers or corn chips dippers. Makes 1½ cups.

Chestnut Meatballs

These crunchy meatballs baked, so they're extra easy—

2 cups soft bread crumbs (slices bread)

½ cup milk
1 tablespoon soy sauce
½ teaspoon garlic salt
¼ teaspoon onion powder
½ pound ground beef
½ pound bulk pork sausage
1 5- or 6-ounce can water chestnuts, drained and finely chopped

Combine bread crumbs, milk, soy sauce, garlic salt and onion powder. Add ground beef, pork sausage and water chestnuts; mix well. Form meat mixture into 1-inch balls; place on 15½x10½x1-inch baking pan. Bake in 350° oven for 18 to 20 minutes or till done. Makes about 5 dozen tiny meatballs.

Rosy Champagne Punch

Dark sweet cherries add fruit flavor and color—

2 16-ounce cans pitted dark sweet cherries
1 12-ounce can (1½ cups) pineapple juice
½ cup brandy
¼ cup lemon juice
2 4/5-quart bottles champagne, chilled

Drain cherries, reserving 2 tablespoons syrup. Combine cherries, pineapple juice, brandy, lemon juice and the reserved cherry syrup. Chill thoroughly to blend flavors. Just before serving, pour into punch bowl; carefully add champagne, pouring down side of bowl. Makes 2½ quarts.

Hot Apple Wine

Brings out the best in both cider and wine—

3 cups apple cider
¼ cup sugar
3 inches stick cinnamon
6 whole cloves
Peel of ¼ lemon, cut in strips
1 4/5-quart bottle dry white wine
2 tablespoons lemon juice

In saucepan, combine apple cider, sugar, cinnamon, cloves and lemon peel. Bring to boiling, stirring till sugar is dissolved. Simmer, uncovered, for 15 minutes; strain to remove spices and peel. Add wine and lemon juice. Heat through, but do not boil. Serve in preheated mugs. Makes about 7 cups.

Sherried Chocolate Frappe

A luscious dessert drink—

2 cups milk
⅓ cup chocolate syrup
⅓ cup cream sherry
1 pint vanilla ice cream
Ground cinnamon

Combine milk, chocolate syrup, and sherry. Spoon ice cream into 4 tall glasses; pour chocolate mixture over. Muddle mixture slightly; sprinkle with cinnamon. Makes 4 servings.

Buying guide

Most of the products shown editorially in Better Homes and Gardens can be obtained in leading local stores. For more information, write the manufacturers listed. Some items are privately owned or custom made—thus are omitted from the product listing. For information on items not mentioned, write Reader Service, Better Homes and Gardens, Des Moines, Iowa 50303.

Doing your own pizza
Page 20: Range—Frigidaire, Dayton, Ohio 45401.

Come for coffee
Page 64: Bread board (under Gumdrop Bread)—Stoware, Stowe, Vt. 05672. Knife—Ekco, 9234 W. Belmont, Franklin Park, Ill. 60131.

Follow-up foods
Page **66:** Red skillet—Dansk, Mt. Kisco, N.Y. 10549.

Wine to welcome the new year
Page 70: Round candles—Lenox Candles, Oshkosh, Wis. 54901. Clock—Howard Miller, Zeeland, Mich. 49464.

Prize tested recipes
Page 75 (left): Sherbets—Imperial, Bellaire, Ohio 43906.
Page 75 (right): Green background cloth—Dansk, Mt. Kisco, N.Y. 10549.

213 Furniture Arrangement Kit $1.00; 3 for $2.00. See how it fits before you move it. Kit contains scaled punch-out furniture pieces you can move on room layout until best fit is found. **Better Homes and Gardens, P.O. Box 374, Des Moines, Iowa 50302**

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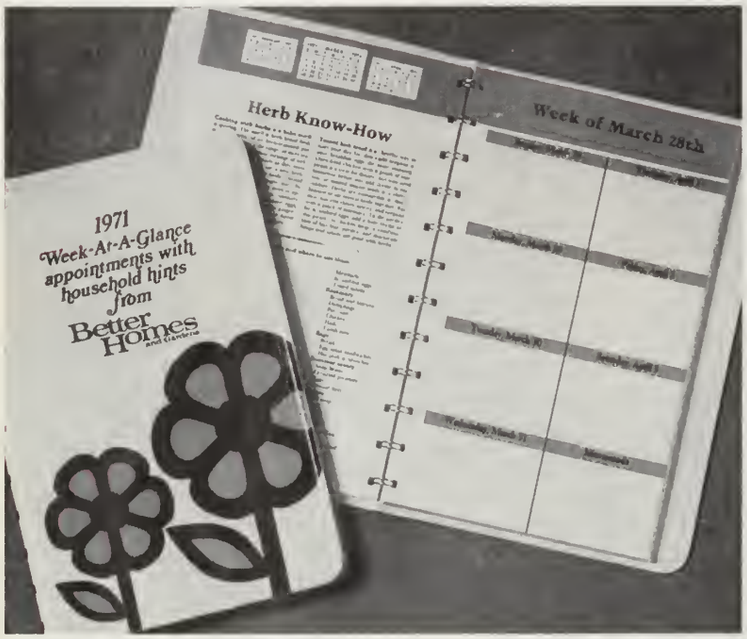
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☐ 211	Planning Bathroom		
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☐ 219	Fireplaces		
☐ 220	All 10 guides/free tips		
		Total Amount	



1971 HELPFUL HINTS CALENDAR—Measuring 8¼" x 5½", the book has washable ivory cover with bright flower accent enclosing spiral-bound pages for easy use. Each right-hand page lets you track social and household activities months in advance. Each left-hand page gives handy suggestions ranging from complete meal planning to proper appliance care—plus hundreds of others! Only $3 each, 3 for $8, 6 for $15.



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Win money for your recipes



FAST OR FANCY CORN DISHES

WE'RE CALLING ALL CORN LOVERS—send us your fav fast or fancy corn recipes for next August. Your corn v table dish may feature fresh, frozen, or canned corn. Cooks-of-the-Month receive $50 each. Four Runners-up ceive $25 each, and 12 Honor Roll winners get $10 e Selected winning recipes will be pictured on the Prize Te Recipes pages next August. All 18 winners receive a fra Better Homes and Gardens Certificate of Endorsement six copies of the endorsed recipe.

Hints to Help You

Fast Corn Dishes may combine corn with other vegetables and spices or herbs. Do you use canned soup or packaged sauce mixes for your corn dishes? What's your tasty way to grill corn? Suggestions:

bacon barbecued corn
cabbage-corn medley
corn curry
sauteed corn and onions
chive-buttered roasting ears

Fancy Corn Dishes. Send us favorite scalloped or crea corn recipes. Do you top with cheese, sour cream crumbs or use corn as a s ing ingredient for other v tables? To start you thinl

zucchini-corn casserole
grilled creole corn
corn-stuffed peppers
fiesta corn bake
corn and cheese custard

THIS MONTH'S WINNERS

(*See recipes on pages 75 and 76.*)

Cooks-of-the-Month

Mrs. Marjorie Lindsay, Bonaparte, Iowa
Winifred Stewart Tower, Chicago, Ill.

Runners-up

Rebecca Getschman, Kailua, Oahu, Hawaii
Mrs. Roy P. Kropp, Knox, Ind.
Mrs. Robert C. Legg, Kansas City, Mo.
Melissa Lippke, Huntington, Long Island, N.Y.

Honor Roll

Mrs. Fritz Fischer, Milwaukee, Wis.
Mrs. Henry F. Gsell, New Orleans, La.
Genell Lee, Hartselle, Ala.
Mrs. Bernhard Helling, Sacramento, Calif.
Mrs. Peter Kerr, Yakima, Wash.
Mrs. Craig Lowe, Healdsburg, Calif.
Mrs. Loren D. Martin, Knoxville, Tenn.
Mrs. Gary McKenna, Aliquipp Pa.
Mrs. Lloyd R. Porter, Boulder City, Nev.
Mrs. L. A. Roberts, Napa; Calif.
Joy K. Sanderson, North Lindenhurst, N.Y.
Mrs. D. T. Schowalter, Alexandria, Va.

Contest Rules

1. Write or type your recipe clearly on one side of the paper and ma it "August Fast Corn Dishes" or "August Fancy Corn Dishes." you wish, send a recipe for each of the two categories.
2. Print your full name and address in upper right corner of paper.
3. Give measurements in *level* cups, tablespoons, teaspoons.
4. Specify brand names of the *nationally* known food products you u as ingredients so we can test your recipe with the same brands.
5. Include 50 to 100 words about the origin of the recipe you subm
6. Recipes submitted become property of Better Homes and Garde
7. Entries must be postmarked by midnight, January 31. In ca where duplicate recipes are submitted, the one with the earli postmark will be judged. All judges' decisions will be final.
8. We reserve the right to adjust and edit winning recipes.
9. Address the recipes you enter to 7101 Test Kitchen, Better Hon and Gardens, Des Moines, Iowa 50303.

WESTERN TRAVEL DIRECTORY

a Pacher, *Western Travel Editor*

Photographs: Martin Litton



A flight through Grand Canyon

It sounds exciting—and it is. It's also the quickest way to begin to comprehend the magnificent proportions of this awesome natural wonder.

Your trip begins around 9:30 in the morning, when your pilot from Scenic Air Lines picks you up at your Las Vegas hotel for a brief ride to the airport. Then a six- to nine-passenger plane lifts you above the famous Strip and gives you a bird's-eye view of Hoover Dam and the Lake Mead Basin, where river runners end their ten-day rubber-raft rides down the Colorado's wild rapids.

Soon the colorful desert becomes rifted with small but impressive gorges, and, as the Colorado cuts deeper and deeper through the earth's crust, the stunning and overwhelming beauty of the Canyon unfolds around and below you.

The clear desert air intensifies the variations of reds, browns and golds as you criss-cross and dip into two billion years of earth's history. You must keep reminding yourself that the narrow red river at the bottom is wider than the length of a football field, just to keep the size of what you are seeing in some perspective.

The Canyon branches off in all directions. As you fly over one of these side canyons, you'll see the incredible blue-green waters and tumbling waterfalls in the home of the ancient Havasupai Indians. Since the 12th century, this small tribe has raised its crops here, isolated from the outside world.

You land 7000 feet above sea level amid ponderosa and white pines at the Grand Canyon airport. A short bus ride takes you, first, to a museum, which tells the history of the Canyon and its people. Lunch then awaits you at the Grand Canyon Village on the South Rim, where the Canyon is at its widest and perhaps most impressive. Rock formations like great Aztec temples rise thousands of feet above the Canyon floor with names like Shiva, Vishnu, Point Sublime and Wotan's Throne.

As you return to Las Vegas in the late afternoon, the colors of the Canyon have changed to purples, pinks and blues. You have flown 418 miles—75 miles of the flight below the Canyon's rim. At the airport, you receive a souvenir book of the Canyon and a certificate testifying to your adventurous spirit.

The trip costs $67.50, all inclusive. You can make reservations by calling Scenic Air Lines or you can ask your travel agent about those inexpensive package tours of Las Vegas which include the flight.

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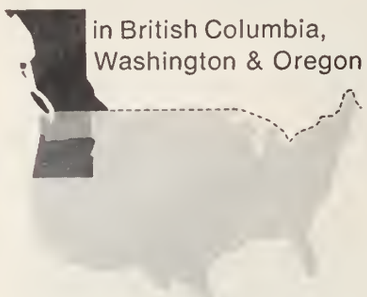
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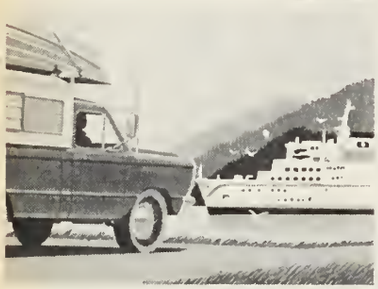
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Lions: just minutes from downtown L.A.

If you like animals, but don't like to see them in cages, pay a visit to Lion Country Safari. Just 20 minutes from Disneyland, it is off the San Diego Freeway at Moulton Parkway. This concept of a small game preserve reverses the usual confrontation with African wildlife. Your car becomes a cage, and the free-roaming animals look at you—occasionally by standing on the car and peering through the windshield.

An eight-mile drive takes you from "Kilimanjaro Plains," where antelope and ostriches roam, through the "Rungwa Forest," where lions play with their young in the sun, to the "Umfolozi River," a home for hippos, zebras and giraffes.

There are eight sections in all, each reproducing the characteristics of the regions they represent and dividing the prey from the predators with a beautifully concealed system of moats and barriers. You can watch elephants, cheetahs, chimpanzees, gnus, rhinos and a large collection of African birds behaving much as they do in their native habitats. The concept is so valid that young zoologists come here to study the animals.

If your children wish they could play with one of those cute lion cubs, stop in at the Junior Jungle. All the animal babies are there, from reptiles to playful monkeys. The children will also enjoy the Safari Camp which offers adventure rides and the Afritheater which presents a bird show.

The Native Village contains authentically constructed huts of the Zulu, Masai and Ndebele tribes, and a Curio Shop selling African imports.

Tickets for the safari are $3.25 for adults, $1.50 for children five through eleven. There are some restrictions. Your car windows must be closed, and no convertibles are allowed. You can rent a sedan or safari vehicle, if necessary.

No family pets. They distract the animals, but there's a free kennel with private accommodations and selective cuisine at the entrance.

And no pedestrians. A large sign outside warns: "All trespassers will be eaten."

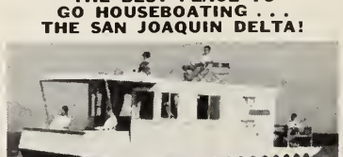
Winter bird-watching by the Bay

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Take advantage of this natural phenomenon. Yours could be one of the last generations privileged to see such a wealth of birdlife, as dredging, bay-fills, developments, and air and water pollution destroy the birds' life-supporting environments. All you need are comfortable clothes, a picnic lunch and, if possible, binoculars. As a resident or visitor in the Bay area, you don't have far to travel.

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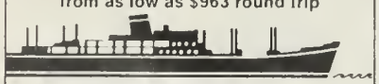
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Jan 71 Coupon Expires July 31, 1971

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See other side for mailing instructions.

In San Francisco, go to the hain of Lakes in Golden Gate ark or Lake Merced. You'll nd several species of ducks, cluding Widgeon, Shoveler nd Wood Ducks, and also nall land birds.

Lake Merritt in downtown akland recently celebrated its ndredth anniversary as the rst official wildlife sanctuary the nation. Many wild ducks, riving in the spring and fall, em to prefer this busy city ke to the wilder regions of the ay. Redheads, Canvasbacks nd Goldeneyes winter here. he outstanding bird visitor r the past three years has een the Barrow's Goldeneye, t usually seen in this area.

Alameda Beach Park on the uth shore of Alameda at the n Francisco Bay end of roadway is your best spot to e thousands of shorebirds and intering ducks, loons, terns nd some of the few surviving rown Pelicans. The pelicans' gs have been breaking before ey can be incubated, due to e high percentage of DDT nd other chlorinated hydro-rbons in the fish they eat. wo years ago, only five Brown elicans hatched out of 1200 sts in California. Last year, nt of more than 550 breeding irs of pelicans on Anacapa land off Ventura, California, l but four failed to lay hatch-le eggs. The problem is reading to egrets, herons, urres and cormorants up and wn the coast.

A little farther away from ty life is the Coyote Hills egional Park. Take Highway (Nimitz Freeway) south m Oakland to the Jarvis venue exit. Drive west on rvis to Newark Boulevard rst signal light), and turn ght. Drive for about one mile nd then turn left on Patterson anch Road at the Stanford esearch Institute sign. This rk contains salt marsh, ackish marsh and grasslands, aking it an ideal home for a de variety of shorebirds and aterfowl. The White-tailed ite nests here.

Pelicans winter on San Fran-sco Bay near the Palo Alto lt Marsh. Turn east on the mbarcadero Road off Bay-ore Freeway 101 at the Palo to Yacht Harbor. A nature ail takes you from there. It's a good place, too, for spotting ducks, shorebirds, Marsh Hawks and Burrowing Owls.

Other tips on birds and their habits can be easily and enjoyably picked up on free field trips with the Golden Gate Audubon Society. Contact Field Trips Chairman, Miss Patricia Triggs, 2038 33rd Avenue, San Francisco, Calif. 94116, or Boat Trips Chairman, Mrs. Valeria G. DaCosta, 2090 Pacific Avenue, San Francisco, Calif. 94109.

Underground in Seattle

There is nothing new about city-sewage problems, but few cities are able to turn the problem's solution into a tourist attraction. Seattle does.

Several decades ago, high tides created a backwash of sewage in the wooden pipes of the city's system. Toilets were raised to throne-like positions, and it was finally decided to raise the street level, too.

Seattle handles its sewage problems differently now, but the streets are still raised, leaving a labyrinth of old shop fronts and sidewalks one floor below. Now guided tours explore some of these half-forgotten historical landmarks.

On the two-hour tour of the streets around and below Pioneer Square you'll explore a variety of abandoned establishments: elegant old office buildings, a department store, an opium den, a theater and a room used for revival meetings. Your guide is well-versed in the lore and scandals of Seattle's colorful characters who lived, worked and played here.

Aboveground, you'll pass Yesler Way, where Henry Yesler skidded his logs down to the waterfront and gave the name to the first "skid road." The area is so rich in old buildings of mosaic brick and carpenter's Gothic that its historic integrity has been protected by city ordinance. The tour takes you by carefully restored artists' studios, galleries, shops, fine restaurants and offices.

To make tour reservations, call MU2-4646 in Seattle. Tickets are $1.00 a person. Try to take an evening tour. It gets pretty eerie in the dark. ■

Is Nevada great for skiing?



Bet on it.

Sensational skiing and after ski recreation — a winning combination for a winter holiday in Nevada. The mighty Sierras, minutes away from Reno, offer the nation's largest concentration of ski facilities. Forty-five minutes from the famous Las Vegas strip is excellent powder skiing.

A ski holiday in Nevada is spectacular skiing, lovely scenery, glamourous and exciting after-ski activity unexcelled anywhere in the world.

- *RENO/CARSON CITY/TAHOE AREA — 16 fine ski areas with 59 chair lifts.*
- *LAS VEGAS — Lee's Canyon and Mount Charleston ski complexes.*
- *Excellent accommodations are always available.*
- *Bet on it.*

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BERVEN OF CALIFORNIA

Made to measure

What should you look for when you shop for measuring cups and spoons?

Good workmanship. Make sure they're sturdy, with a minimum of crevices to catch food particles, dirt and germs. Find out if they'll survive dishwasher treatment, if that's in your plans.

Accuracy. Don't assume all measuring tools have it. Alas, some stunning imports are not keyed to our fractions, so just love 'em and leave them on your walls. Always check out any new cup sets with a standard measure-marked cup, and spoons with a utilitarian spoon set, to avoid cooking failures (Photograph 1).

Usefulness. Spoons with short handles are easier to manipulate—but long handles are slicker for deep jars, bottles, cans—or when adding to hot mixtures on the range. It's helpful if measuring sets attach, either to each other at the handle-tips or to a rack. Saves hunting for misplaced ones. Nesting cups save space (2).

Good looks. Decorative hanging measures are an apt accessory for kitchens. Pewter, copper or stainless steel may be just the accent you need—or gay enameled implements to spark up a dull kitchen. One set (3) teams matching measuring spoons and long-handled measuring cups—they're white with blue flowers, and both sets have racks.

Special jobs. Some tools measure, and then go on to do some plus chores, such as: storing neatly between refrigerator shelves, with covered top and pouring spout; measuring wet and dry ingredients in the same utensil (4); mixing or beating ingredients; shaking instant puddings, drinks, breakfasts (5).

An aluminum cup measures its liquid contents, and tells you the score on its clear plastic handle (6).

Some measuring sets have companion coffee scoops.

How many sets? Two basic spoon sets and two cup sets save mid-cooking cleanup.

How to use. Overfill fractional cups or spoons, then level off with straight edge of knife or spatula—don't pack down. If glass measuring cup has safety rim, don't mistake that for cup measure line.

Basic Measurments

3 teaspoons . . . . . 1 tablespoon
4 tablespoons . . . . . ¼ cup
5⅓ tablespoons . . . . . ⅓ cup
16 tablespoons . . . . . 1 cup
2 cups . . . . . 1 pint
4 cups . . . . . 1 quart

1



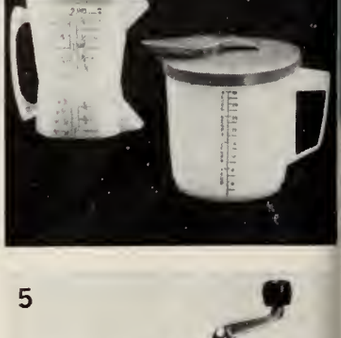
2



3



4



5



Photographs: Hopkins

6





Ford's new Pinto. The little carefree car.

'into is one little car that can free you rom car cares, big and little. From cares bout high price and big gas bills. From ares about maintenance and repairs, ower and stability, roominess and quiet. 'he little care-free car takes care of all hat.

Sized like the little imports... on the utside. Pinto is only a little longer than a W. But its turning circle is a little shorter. o it can slip easily into the same kinds of ttle parking spaces.

But a big car where it counts... on the nside. Pinto's modern design gives it more verall room inside than the leading im- ort. Getting in and out is easier because 'into's doors are a good half-foot wider.

Quiet, smooth and 25 mpg. Pinto's little igh-efficiency engine is backed by 50 mil- on owner-driven miles. It delivers 75 hp and has averaged over 25 mpg in simulated city/suburban driving.

Pinto takes a firm stand. With a wider stance than any economy import. You get better stability on turns, and in high crosswinds. And for better road feel, Pinto has a rack-and-pinion steering system, like in Porsche and Jaguar—something you won't find in any other American car.

Do it yourself and save. Pinto's manual is complete with pictures and simple step by step instructions showing you how to do everything from changing spark plugs and burned out bulbs to checking your manifold vacuum and replacing the bumpers. A special "troubleshooting section" tells you how to spot minor problems. And how to fix them.

Don't do it yourself and save. When your Ford Dealer handles Pinto's maintenance, you still save. For example, Pinto needs regular servicing half as often as the leading import.

No kidding. No changes. Pinto's styling will last. And its parts will do the same. There's extra life in dozens of key parts, like Pinto's heavy-duty drive shaft, ball joints, starter motor, rear axle and wheel bearings.

Priced like the little economy imports. Your Ford Dealer will show you Pinto's little price is care free. And it includes high-back bucket seats, DirectAire ventilation, 4-speed synchronized transmission, or an optional 3-speed automatic. Don't forget this better idea for safety: buckle up.

Pinto

A little better idea from Ford.

What's what in kitchen lighting

By Janice Heckroth,
Appliances, Housewares, Management Editor

Make lighting an integral part of your kitchen planning. Bear in mind that light be absorbed by dark surfaces, or it can be reflected by lighter surfaces to prov useful illumination. Correct lighting makes colors livelier and your work easier.

MINIMUM GENERAL LIGHTING NEEDED FOR KITCHENS

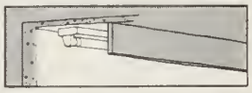
Fixtures
ceiling mounted
or suspended



Small kitchen (under 75 sq. ft.)
Incandescent: 150 watt *or*
fluorescent: 60 watt.
Average kitchen (75-120 sq. ft.)
Incandescent: 150-200 watt *or*
fluorescent: 60-80 watt.

Large kitchen (over 120 sq. ft.)
Incandescent: two watts per sq. ft. of fl
space *or*
fluorescent: ¾ to 1 watt per sq. ft. of fl
space.

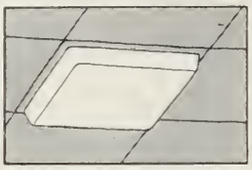
Structural
valance, cornice
wall bracket



Use single row of fluorescents on top of open-to-ceiling cabinets *or* in soffit extended 8″ to 12″ beyond cabinets.

Or
5-6 watts per sq. ft. of floor space in flu
escent for luminous ceilings.

Recessed
non-directional
square or rectangular boxes

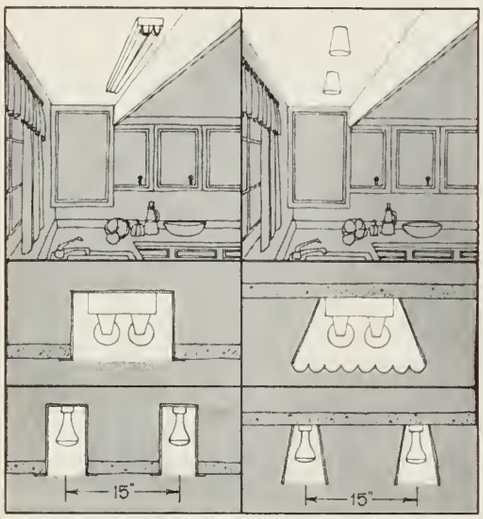


Small kitchen (under 75 sq. ft.)
Incandescent: *two 150 watt *or*
fluorescent: two 40 watt.

Average kitchen (75-120 sq. ft.)
Incandescent: *four 100 watt *or*
fluorescent: two 40 watt.

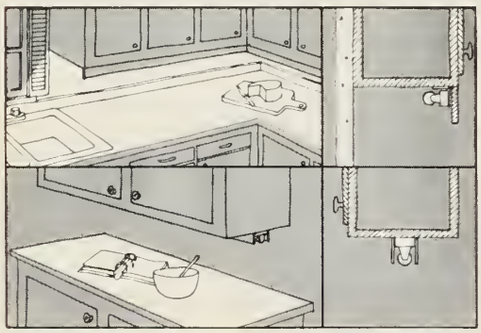
Large kitchen (over 120 sq. ft.)
Incandescent: *one 100 watt per 30 sq.
or *one 150 watt per 40 sq. ft. of floor spa
Fluorescent: two 40 watt *or* three 30 wat
six 20 watt per 60 sq. ft. of floor space.
**Minimum size: 10″, 12″, or 14″ square rectangular fixture.*

SINK OR RANGE AREA



1. With wall cabinets on either side—
Use bare bulbs or tubes for cabinets joined by 8″ minimum depth face board. This will provide well-distributed light in a concentrated area.
a. Fluorescent—Use deluxe warm-white tubes in a two-lamp fixture mounted directly above the outside edge of the counter. Size to space available. Use three tubes in areas where 20-watt fixtures are required.
b. Incandescent—Use 2-75w R-30 reflector floodlights or 2-75w soft-white bulbs spaced 15″ apart. They are mounted on the soffit, 3″-4″ behind the face board.
2. Without face board—
(Or over projected and island units)—
a. Recessed fluorescent—Use 2-30w (36″) or 3-20w (24″) deluxe warm-white tubes. The shielding can be louvers, frosted glass, or ribbed clear plastic. Specular reflectors above tubes will nearly double light. Do consider purchasing the reflectors when buying the lighting fixture.
b. Surface-mounted fluorescent—Repeat center-ceiling fixture directly above w area. If two work areas have no ca nets over them and are lighted by surfa mounted fluorescent fixtures, the need fo center-ceiling fixture is minimized, depe ing on size of room. However, before eli inating the center-ceiling fixture be s there is sufficient overall lighting in kitchen.
c. Recessed incandescent—Use 2-75w R floodlights in louvered "high-hat" fixtu spaced 15″ apart.
d. Surface-mounted incandescent—Use metal housings, 15″ apart, using 75w R floodlights (best) or soft-white 100w bul
3. Cabinets above sink or range—
Follow suggestions given for food prepa tion center.
4. Ventilating hood over cooking surface—
Use a 100w soft-white or 1-75w R-30 flo

FOOD PREPARATION CENTER



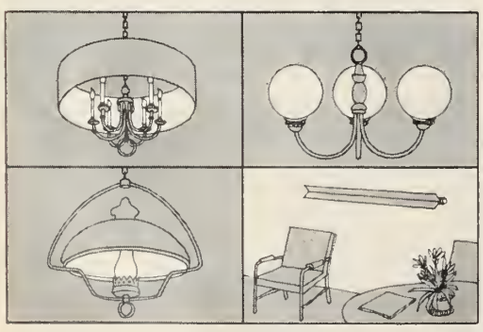
1. Wall counter beneath cabinets—
Fasten fluorescent channel either to bottom of cabinet at front (preferable) or directly under cabinet on back wall. The channel may be of metal, wood, or laminated plastic to match the counter top. Length needed:

15w (18″) for counters less than 24″
20w (24″) for counters less than 36″
40w (48″) for counter 48″ to 6 ft.

Use the longest tube that will fit in available space, and fill at least two-thirds of counter length. This will prevent shadows and dark areas on the counter work area.

2. Right-angle counter, cabinets above—
Use a fluorescent channel mounted leng wise under center of the upper cabinets, w opaque shielding on both sides of the tu The length needed is the same as for w counter beneath cabinets.
3. Right-angle counter, no cabinets above—
Use either louvered, surface-mounted, se recessed cylinders or recessed, louve "high-hats" with 75w R-30 floodlig spaced 20″ from center to center. If counter doubles as an informal dining ar a pulley fixture or several pendants could used to provide the proper amount of lig

EATING AREA



1. Ceiling fixture
Center over table or counter, preferably directing light both upward and down.
a. Suspended (single shield)—Minimum 15″ diameter, one socket—1-150w or 50/150w 3-way; 17″-20″ diameter, three sockets—3-75w soft-white; a diffusing bowl or disk is desirable, but should not show below the ceiling fixture shield.
b. Multiple-arm—Minimum spread is 18″, and three sockets using 3-40w or 60w soft-white bulbs; 20″-25″ spread, and five sockets should use 5-60w soft-white bulbs or 75w bulbs when opaque shades are used.
c. Pendants (luminous type)—Single, 12″ ameter; in the single socket use 1-75w bu If the shield is opaque or very dense, 100w or 150w bulb. There should be an op top for upward light.
2. Portable wall lamps—
For an 18″ diameter lamp with a 24″ ext sion from wall, use 1-100w bulb; for a 2 to 24″ diameter lamp with a 28″ extensi use 3-60w bulbs. The diffuser should show below shield.
3. Fluorescent wall bracket
Minimum length is 6 ft. mounted 12″-1 below ceiling, or 55″-60″ above floor.

Note: When buying fluorescent tubes, choose the ones with rapid start and deluxe warm for best color in the kitchen.

s a cut above eat. Special Cuts r dogs.

ation Special Cuts has real beef and more. It's more g. More nourishing. With extra vitamins, minerals good things. Even if you were a butcher, you couldn't l by your dog.



It's not as good as meat for your dog. It's better.

Our dry-roasted nuts don't taste like they died of thirst.



Laura Scudder flash-roasts them and zips them into jars. Flavor, aroma and all. No time lost. No oil or sugar added. (Less calories, that way.) Try our Virginia Peanuts, Cashews, Party Mix and Sunflower Kernels, too. They're dry-roasted nuts that'll really whet your appetite.

Flash-roasted to capture flavor.



Decorator: Lewis Solloway (center and above).

Fireplace face-lift



Decorator: Ronald Wolfe, A.I.D.



Photographs: Lisanti. Source: Susan Jones Medlock

Traditional treatment left: Heavy beams give importance to this fi and help relate it to the room fu ings. Note how beams flank b area and continue across the (You can substitute beams of foam—offered in three wood finis an unfinished type—and secure with tile cement.) Area above th mantel was plastered to create background for the ornately f painting and a few choice antique sories.

Another decorative suggestio move mantelpiece and cover wall up to the ceiling with a handsom ing screen pressed flat and secu the wall surface.

Classic fireplace wall center: This s simple treatment underscores temporary setting. Travertine sweeps ceilingward from a raised h it provides emphatic contrast dark paneled walls. A classic adds a touch of drama.

You can duplicate the elegance marble fireplace facade (but less sively) using vinyl tiles in white other neutral shade. If your wa light-hued, reverse this procedu create a fireplace panel of dark vinyl tiles. Hang one large pa above the fireplace opening, or several smaller canvases togethe

Foil-framed fireplace right: Rich signed green and silver foil turn fireplace wall into a focal point place opening is framed with bordered with four-inch wood m Bringing important balance to th is a lavabo brimming with an ar ment of dried flowers.

If you want to add depth to a room, wallpaper above-the-mante with a scenic or trompe l'oeil des apply a shimmering wall of m tiles with a mirror mastic.

The new Super Stretch Pantyhose and Stockings you get at the Supermarket.

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L'eggs is our registered trademark for our brand of Super Stretch hosiery and pantyhose.
*Fair Trade price in those states where allowed by law.

Just what is a torte?

Is a torte a rich, many-layered cake made with ground nuts instead of flour? Or perhaps sponge or chiffon layers with jam filling and whipped cream? Or is a torte a meringue dessert enhanced with fruit? You may be surprised to learn that it can be any one of these three desserts. But more important than the terminology is the taste. And that's delectable, as you'll discover when you try one of our trio of tortes.

Photographs: Scott







Chocolate Pecan Torte

1 6-ounce package (1 cup) semisweet chocolate pieces
3 tablespoons butter or margarine
9 egg yolks
½ cup sifted confectioners' sugar
9 egg whites
¼ teaspoon salt
½ cup sifted confectioners' sugar
3 cups ground pecans
1 recipe Cream Filling
1 recipe Chocolate Frosting

Melt together chocolate pieces and butter or margarine; cool to lukewarm. In small mixer bowl, beat egg yolks till thick and lemon colored. Gradually add the first ½ cup confectioners' sugar. Stir in the cooled chocolate mixture. In large mixer bowl, combine egg whites and salt; beat to soft peaks. Gradually add the remaining confectioners' sugar, beating to stiff peaks. Gently fold in the chocolate mixture and the ground pecans.

Turn into three greased and waxed paper-lined 9x1½-inch round layer pans, dividing batter among pans. Bake in 325° oven for 30 minutes. Immediately loosen and remove from pans; cool on racks.

Spread Cream Filling between layers and Chocolate Frosting on sides and top of cake. Chill at least 2 hours. Makes 16 to 20 servings.

To make Cream Filling: In small saucepan, gradually blend ½ cup milk into 2 tablespoons all-purpose flour till smooth. Cook and stir over low heat till thickened and smooth. Cool to room temperature, stirring frequently. Cream ½ cup butter, ½ cup granulated sugar, and ¼ teaspoon salt till light. Beat in the cooled flour mixture. Makes 1½ cups filling.

To make Chocolate Frosting: In medium saucepan, melt 2 squares (2 ounces) unsweetened chocolate over low heat. In small bowl, combine 1 cup granulated sugar, ¼ cup cornstarch, and ¼ teaspoon salt. Stir into melted chocolate. Gradually add 1 cup *boiling* water, stirring till smooth. Cook and stir over low heat till thickened and smooth; remove from heat. Blend in 3 tablespoons butter and 1 teaspoon vanilla. Chill over ice water, stirring mixture occasionally, till thickened to spreading consistency. Makes 2 cups.

Custard Rum Torte

1 package lemon chiffon cake mix
½ cup rum
1 cup currant jelly
1 recipe Custard Filling
1½ cups whipping cream
1 teaspoon vanilla
3 tablespoons sifted confectioners' sugar

Prepare chiffon cake mix according to package directions; cool thoroughly. Using wooden picks as a guide, split cake into 3 layers. Sprinkle rum atop each layer, dividing equally. Place bottom layer on cake plate; spread with *half* the currant jelly, then *half* the Custard Filling. Top with second cake layer; spread with remaining jelly and custard. Add top layer. In large bowl, whip cream with vanilla and confectioners' sugar; frost entire cake. Chill well, 3 to 4 hours, before serving. Garnish with whole maraschino cherries. Makes 12 to 16 servings.

To make Custard Filling: Prepare one 3-ounce package no-bake custard mix according to package directions for custard *except* use only 1⅓ cups milk. Chill till thickened. Beat till smooth. Whip ½ cup whipping cream; stir into custard. Chill again till set. Makes 2 cups.

Forgotten Cherry Torte

5 egg whites
½ teaspoon cream of tartar
¼ teaspoon salt
1½ cups sugar
2 cups frozen whipped dessert topping, thawed
1 21-ounce can cherry pie filling
1 tablespoon lemon juice
Several drops almond extract

Preheat oven to 450°. In mixer bowl, beat egg whites till frothy. Add cream of tartar and salt; beat till soft peaks form. Gradually add sugar, a tablespoon at a time, beating till stiff peaks form. Turn into buttered 8x8x2-inch baking dish. Place in preheated oven. *Close oven door; immediately turn off heat. Leave oven door closed for 8 hours or overnight.* (Don't peek!) Spread *half* the whipped topping over meringue. Combine pie filling, lemon juice, and extract; spread *half* over topping in baking dish. Repeat layers with remaining topping and cherry mixture, spreading to cover edges. Cover and chill overnight. Cut in squares; top each with whipped topping, if desired. Makes 6 to 8 servings.

THIS WOMAN IS REDUCING HER WAIST, TUMMY, HIPS AND THIGHS

with the Fabulous New *SAUNA BELT*™

TRIM-JEANS

The Amazing Space-Age Slenderizer that is so sensationally effective it is...

GUARANTEED TO REDUCE YOUR WAIST, TUMMY, HIPS, AND THIGHS A TOTAL OF FROM 6 TO 9 INCHES IN JUST 3 DAYS OR YOUR MONEY REFUNDED

Here is how it works:



Mrs. Linda Saatsaz has slipped into her trim-jeans and is inflating them with the handy little pump provided. She is now ready to perform her 'Magic Torso' movements, an exercise program designed specially for trim-jeans.



After a few pleasant moments — about 10 minutes or so — doing her 'Magic Torso' movements, Linda is now relaxing for an additional 20 minutes while keeping her trim-jeans on. That is all there is to it.



Linda now slips her trim-jeans off and checks her 'after' measurements. Remarkable! **Linda lost 2 inches from waist, 1 inch from tummy, 1 inch from hips, 1½ inches from each thigh for a total measurement loss of 7 inches in just 1 brief session.**

"I actually lost 7 excess inches during my very first session with this incredible slenderizer and the inches came off just where I needed to lose them. I went through the program again on each of the following 2 days and the inches continued to roll off — and all without the need for dieting. Over the 3 day period, I lost a total of 4 inches from my waist — going from 29 inches down to 25 inches, 2 inches from my tummy, 2½ inches from my hips — going from 39½ inches down to 37 inches, 3 inches from each thigh — going from 24 inches down to 21 inches, for a total overall loss of 14½ inches in just 3 days with these wonder working trim-jeans."

Linda Saatsaz



THIS SUPER PRODUCT IS PRODUCING SUPER NEW SLENDERIZING FOR A HOST OF WOMEN. HERE ARE JUST A FEW:

Miss Penny Dix: *"I used the trim-jeans just 3 times and took a total of 11½ inches off my hips, thighs and middle — 7 inches the very first day. No dieting and my figure has never looked better."*

Mrs. Mary Lou Wilhelm: *"Following the trim-jeans program, I reduced my waist 2½ inches, my abdomen by 2 inches, my hips by 2 inches and my thighs by 2½ inches each — I ate normally — it took just 3 days — and the inches have stayed off."*

Miss Carol Arrighi: *"I used your marvelous trim-jeans a few minutes a day for 3 days in a row and reduced my waist from 26 to 24, my tummy from 31 to 29, my hips from 36 to 34 and my thighs from 24 to 21. My new measurements are just perfect for my height."*

TRIM-JEANS — THE SPACE AGE SLENDERIZER WITH RESULTS THAT ARE OUT OF THIS WORLD. The trim-jeans are a marvel of ease, comfort and efficiency. Once you have slipped them on, you are ready for the most astounding experience in rapid slenderizing you have ever known. **Only trim-jeans has the unique features of design, including the exclusive super sauna-lock that permits the constant snug fit and solid support in all 3 areas — waist, tummy, hips and thighs — without which truly sensational results are not possible.** We recommend that the trim-jeans be used a few minutes each day for 3 days in a row when you first receive them and then several times a week until you have achieved your maximum potential inch loss. After that, for maintenance you can use the trim-jeans about twice a month or as often as you feel the need.

THE MOST REVOLUTIONARY GUARANTEE IN SLENDERIZING HISTORY. So many users of the trim-jeans obtain 'instant reducing' — are inches slimmer, inches trimmer in from just 1 to 3 sessions with this super slenderizer — **are actually losing as much as a total of 7 or more inches from their waist, tummy, hips and thighs in just 1 session and up to 14 or more inches from 3 sessions.** This principle produces really fantastic results. There may be variations of speed and/or degree of results due to individual differences in metabolism and body response. Not everyone may lose 7 inches in just 1 session and 14½ inches in 3 days but remember this: No matter what your metabolism, no matter what your body type, **if you do not lose a total of from 6 to 9 inches from your waist, tummy, hips and thighs in just 3 days, you may return the trim-jeans and your entire purchase price will be immediately refunded.**

THE AMAZING TRIM-JEANS TAKE OFF INCHES WHERE THEY NEED TO COME OFF. Your trim-jeans are designed to give you just the reducing effect you need where you need it . . . and the price of the trim-jeans is just $13.95 and each pair carries a FULL MONEY BACK GUARANTEE. Here is the slenderizer supreme — trim-jeans — which we sincerely believe to be the easiest, fastest, most convenient, most sensationally effective waist, tummy, hip and thigh reducer ever discovered — with the most revolutionary guarantee in slenderizing history. So if you want trimmer, slimmer, sleeker measurements and you want them now, send for your trim-jeans today.

TRIM-JEANS, P. O. Box 3984, Dept. BH-12, San Francisco, CA 94119

Please send me ____ Sauna Belt trim-jeans along with complete easy to use instructions, including the 'Magic Torso' Exercise Program. I understand that if I do not lose a total of from 6 to 9 inches or more off my waist, tummy, hips and thighs in just 3 days I can return the trim-jeans to Sauna Belt Inc. and receive my money back.

For each Sauna Belt trim-jeans and complete instructions I enclose $13.95.

Cash ☐ Check ☐ Money Order ☐ (No COD's)

If you desire *RUSH* Air Mail, add $1.25 for each trim-jeans.

Woman: Waist size _____ Hip size _____

Man: Waist size _____ Hip size _____

Name _____

Address _____

City _____ State _____ Zip _____

©Sauna Belt Inc. 1970, 1971, P. O. Box 3984
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From the World of Lovers
To the World of Beauty

MAGNIFICENT IMPORTED

BISQUE FINISH MUSIC BOX

Plays the Award Winning

"RAINDROPS FALLING ON MY HEAD"

From

"BUTCH CASSIDY AND THE SUNDANCE KID"

Charming Statuettes Capture the Beauty of World Famous Figurines



From the rollicking and often heart warming movie that's become a classic in our time, comes one of the most popular tunes ever written. If you thrilled to the adventures of the two delightful heroes, you'll remember with fond nostalgia this melody as it comes tinkling out of this charming music box. You can almost hear the echoes of the Old West captured by a host of now silent player pianoes as the crystal clear notes recreate this happy theme.

Created with an heirloom tone, delicate bisque-finish, here is a collector's treasure that becomes a classic decorating piece wherever it is displayed. Of course it is literally impossible to even remotely capture the soft bisque colorations and workmanship from the small black and white illustration here. Only when you yourself daydream to the delightful melody and see the consummate beauty of the work will you fully appreciate the charm and appeal it will bring to your home.

OFFER WILL NOT BE REPEATED THIS SEASON

We firmly believe that these exquisite music boxes with their old world charm will soon become hard-to-get collectors' items you will treasure forever. Therefore, we urge you to order now while our specially imported supply lasts. Each full color, bisque finish finely glazed ceramic music box is 7" x 4" wide, and is yours for only $4.98 on full money back guarantee if you are not absolutely delighted with the joy and beauty it brings into your home and the pleasure it will give as a gift. But hurry, order now, this offer will not be repeated this season in this magazine.

COLONIAL STUDIOS, DEPT. RD-98
20 Bank Street, White Plains, N. Y. 10606

Please send me the ceramic music box that plays "Raindrops Falling on My Head" for only $4.98 on full money back guarantee if I am not absolutely delighted. Add 25¢ for postage and handling.

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Mail Coupon Today — Name ..... Address ..... City, State, Zip Code .....

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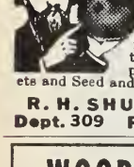
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A rabbit, squirrel, frog, snail, butterfly, bee, ladybug and flowers are featured on this pretty crewel pillow cover. Kit includes design on natural linen for front and back of 14"x14" knife edge pillow; crewel yarns in soft green, blues, yellows, reds with brown and gray; green cording, zipper, needle and instructions. Only $5.50 plus 50¢ pstg.

Send 25¢ For Next 3 Issues of Our Art Needlecraft Catalog

The Stitchery — Dept. BH801B, 204 Worcester Turnpike, Wellesley Hills, Mass. 02181

Shopping editor's choice

Discover the fun and convenience of shopping by mail! You can order with complete confiden any of the items shown: each company will refund your money if you're not delighted.

By Margaret



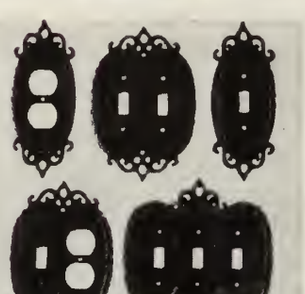
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Continued

Good Ideas by mail from Walter Drake

4051 DRAKE BUILDING, COLORADO SPRINGS, COLORADO 80901



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It's a pocket-size loom with "heddle" action that weaves a whole row at a time. Weave 4" x 4" squares or 4" x 2" oblongs in minutes. Sew or weave together for afghans, sweaters, shawls, etc. Steel needle, 2 illus. books incl.

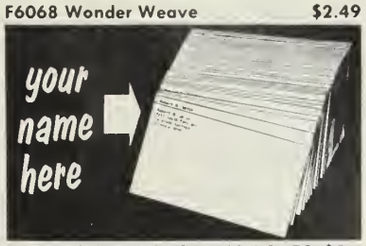
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Gleaming gold foil labels stick anywhere—a smart touch to personalize letters, books, cameras, briefcases, records, etc. Classic border, handsome black printing. 1" x 1¾". Up to 4 lines, 27 letters and spaces per line.

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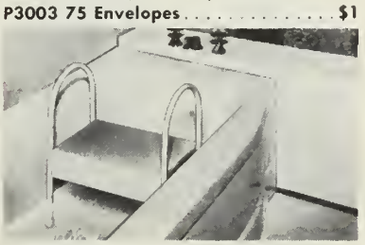
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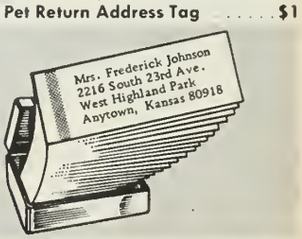
P4008 Pet Return Address Tag **$1**



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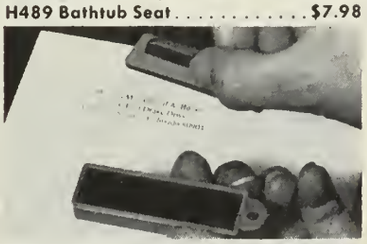
H489 Bathtub Seat **$7.98**



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Quick, easy way to put your name and address on letters, records, books. Any name, address & Zip code up to 4 lines beautifully printed in black ink on white gummed labels; rich gold trim. Free handy box.

S716 1000 Labels **$1**



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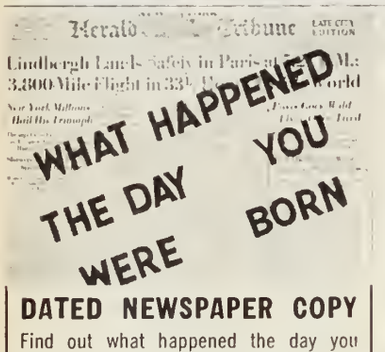
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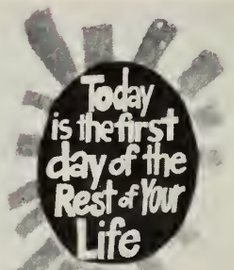
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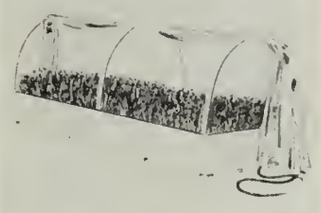
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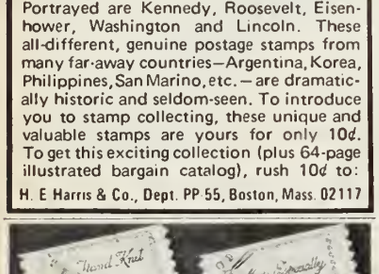
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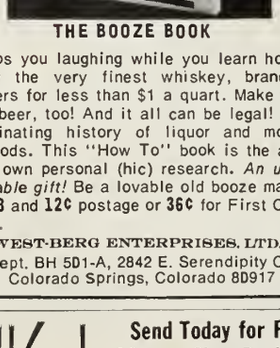
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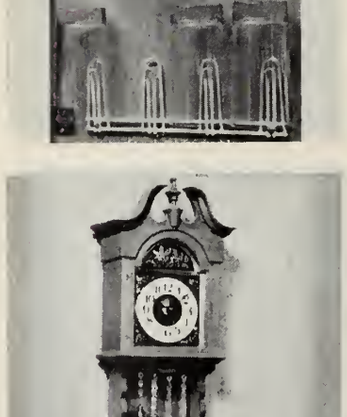
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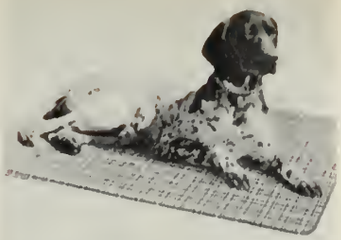
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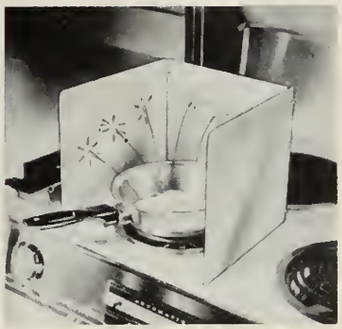
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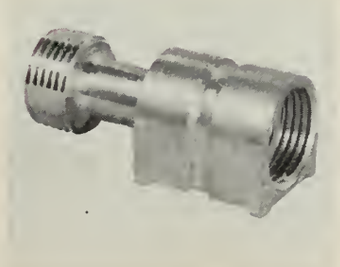
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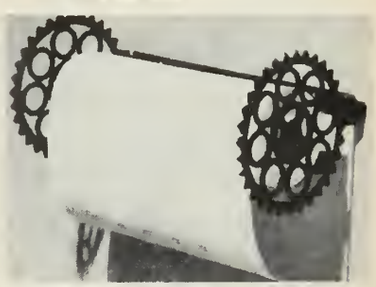
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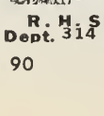
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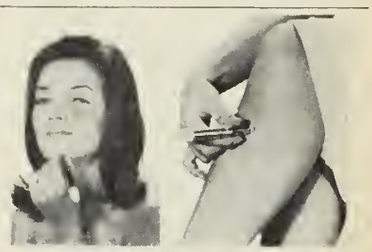
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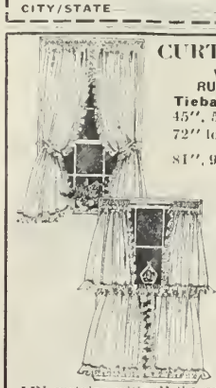
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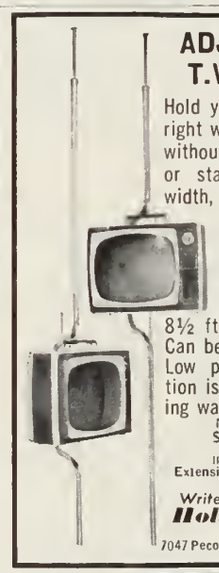
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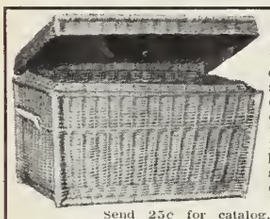
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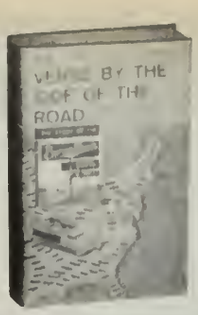
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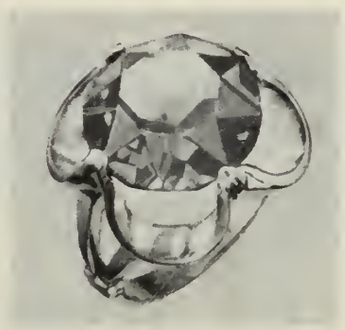
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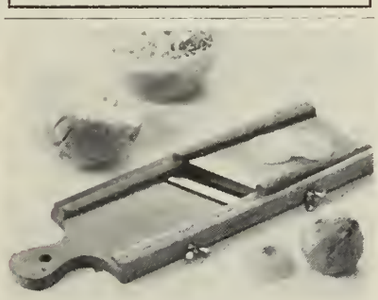
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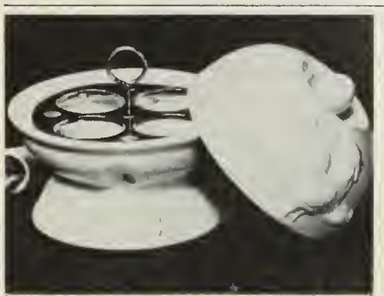
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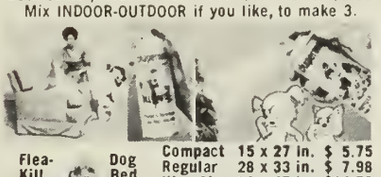
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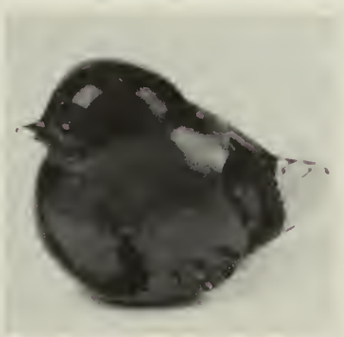
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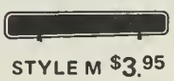
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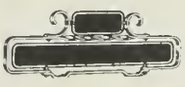
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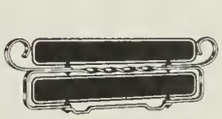
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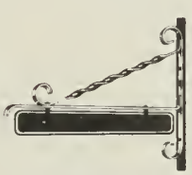

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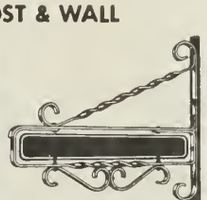
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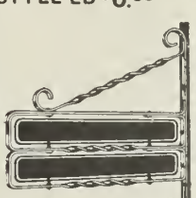

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The man next door®

They tried an "adults only" skating period for 15 minutes every hour at our town's ice rink, but it was abandoned at the request of the grown-ups. It was like eating an ice cream cone in front of 75 hungry children.

Dad Hillis admits he's a lot like Congress. "I invariably make big plans in January," he reports, "talk about them for months, drop most of them, and end up with a mighty small yield at the end of the year."

Bill Norman travels a great deal but he confesses he still doesn't like to fly. Therefore, he says he always tries to take early morning flights because "I don't much care what happens to me before breakfast."

The Rev. George Hall concedes that the Bible has a few episodes that might be rated "X," but he is strong in his belief that this has nothing at all to do with the Good Book being a consistent best seller.

In these days of threatened wildlife, I was feeling good about finally attracting two cardinals to our feeder. Then Dot Dresch saw them and exclaimed, "I see our cardinals are visiting your feeder."

Harold Evans' six-year-old daughter was asked in school the other day what kind of work her father does. "I don't know," she replied, "but I think he has his secretary do most of it."

Our newspaper friend, Ned Mehaffey, has turned down a job as a television newscaster, explaining, "When you talk, you can't go back and X it out."

Aunt Opal has lost her faith in horoscopes. Since she gets her newspaper a day late, she has found the predictions often don't pan out.

Fred Thompson seems happy in his new retirement village home. He writes that he finds it sort of refreshing to once again be around people who refer to him as "Sonny."



"You shouldn't carry all that. Make two trips."



"I'll open the door, Mom, as soon as you're over your tantrum."

During my infrequent gloomy moments, I sometimes wonder if the next natural resource which will be depleted will be the taxpayer.

For quite a while, I have been getting strong hints from Christine and from our 16-year-old Rosemary that my wardrobe ought to be updated with a pair of bright-colored slacks.

I knew what to do when Chris gave me a gift certificate for use at a men's store. "Get something that's not so dark and old and ungroovy," urged Rosemary. At the store, I began to rummage halfheartedly through the brighter trousers, seeking my size.

A young salesman, no more than 21, appeared. Annoyingly brisk, he said, "I think, sir, that the kind of slacks you want are over here." He led me over to a table of trousers that looked much like those I'm used to—dark and, well, ungroovy.

Frankly, the arrogant salesman was right. I was inclined toward the slacks he was showing me, but I certainly did not like his implying that I couldn't properly wear the bright ones. Embarrassed and irked, I stalked out.

Chris and Rosemary were disappointed when I returned home empty-handed, but when I told them why, they both burst out laughing. And I found myself laughing with them.

That settled it. Tomorrow I'm going back after those slacks. The bright ones. I've decided they're the ones for a man so young that he still acts childishly from time to time.

Burton Hillis

CIRCULATION 7,777,777
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Cherry Devilicious Cake

see recipe inside

Create a new indoor world with the newest Armstrong ideas



What do you do when your home starts to look tired—when ceilings begin to peel and crack, or the kitchen floor loses its sparkle, or your living room looks a little *too* lived in? These tight-money days, most people redo, remodel, revive.

Armstrong has some new ideas—fresh, exciting, innovative ideas in floors, ceilings, carpets, and furniture—that can help make any old home 1971-new.
Read on. See how many new ways Armstrong can help you.

BURLINGAME
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New kind of floor from Armstrong
When it cushions like carpet and cleans like vinyl, you're on Easy Street™

Want to bring an old kitchen into 1971 in a hurry? Start your remodelling with Easy Street—a new idea in vinyl floors from Armstrong.

New Easy Street gives you the comfort of carpet with the easy maintenance of vinyl.

When you step on Easy Street you feel the "give". Just like carpet. That's because Easy Street has an extra-thick foam-cushion backing underneath. When you lift your foot, Easy Street springs back. Just like carpet. Some patterns of this new Armstrong floor even *look* like carpet.



But there's a side to Easy Street that no carpet can match. The top side.

Easy Street is durable, nonporous vinyl, so it cleans as easily as only vinyl can. If you drop an egg or spill some gravy, it's no problem. Easy Street comes clean with the swipe of a sponge or a mop.

There are no dirt-catching seams either because Easy Street comes in rolls 12 feet wide, so you can do practically any kitchen in one piece.

Easy Street is as easy on the eyes as it is on the feet. Queen Anne, the design in the kitchen on the opposite page, is offered in a variety of colors. So is Santa Fe, the popular Spanish tile effect (top, right). And Dunbarton, the classic French design (bottom, right). Virginia Brick, in addition to the red, comes in Colonial white. Want more information? See the box on the following right-hand page.







Dunbarton, Queen Anne, and Santa Fe floor designs copyrighted by Armstrong



EASY STREET™

More new ideas from Armstrong

Create a new indoor world with the newest Armstrong ide



New kind of ceiling from Armstrong **Chandelier™ Ceilings: the new height of elegance**

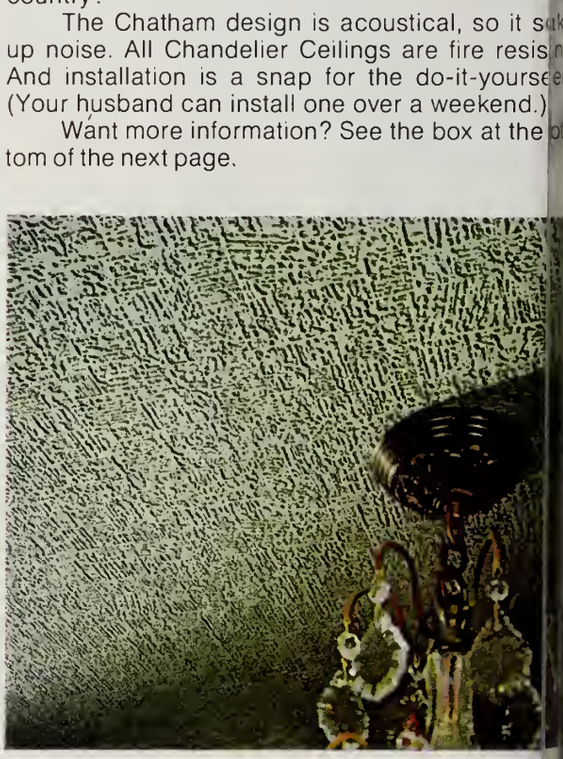
If your dining room (or your living roo showing its age, you can start it towards 1971 gance with a new Chandelier Ceiling from Armstr

These are richly textured ceilings with an al sculptured look. (The picture at the left gives y guest's-eye view of a Chandelier Ceiling in Chatham design. In the close-up picture below, can see the rich texture and detail. See what we m by a "sculptured look"?)

A Chandelier Ceiling is unlike any tile ce you've ever seen. In fact, it dosen't look like a ceiling at all. The edges of the tile aren't bevelle there are no "V" grooves between tiles. The rich ture flows smoothly from wall to wall. Is it any wo that these new Chandelier Ceilings are already b seen in so many beautiful rooms throughout country?

The Chatham design is acoustical, so it su up noise. All Chandelier Ceilings are fire resis And installation is a snap for the do-it-yourse (Your husband can install one over a weekend.)

Want more information? See the box at the b tom of the next page.



oors, ceilings, carpets, and furniture



New design in furniture
new look in modern
by *Thomasville*®

ne Critique collection is modern. Bright. Uncluttered. Yet it's somehow familiar—comfortable to be with. itique combines all the excitement of modern furni- sign and materials with quiet undertones of tradi- It has today's bold, geometric shapes in brilliantly ed woods, with clear acrylic knobs and mirror- uminum trim. To this we've added traditional touches icework and the classic detailing on the bed and The result is a combination perfectly suited to to- asy-going elegance—in a purely modern setting or dern/traditional blend.

e collection comes in dramatic white and a delicious ent of colors, with many pieces for living and din- ms as well as bedrooms. Any room you furnish in is very likely to be the most exciting room in your n fact, even a single piece can be the dramatic that brings a so-so room to life.

more information about Critique, and some ex- of Thomasville's traditional collections, see the box

New design in carpets
Out with the old, in with the bold

New Adventure Prints™ are the latest word in the new lively world of indoor fashion. And—take it from your friend in the carpet business—these bold and sassy prints can go with *anything*: plaids, muted stripes, solids, or prints.

Adventure Prints are part of Armstrong's growing carpet line—a complete collection of shags, sculptured, patterned, and plush carpet—with literally hundreds of glorious colors to choose from.

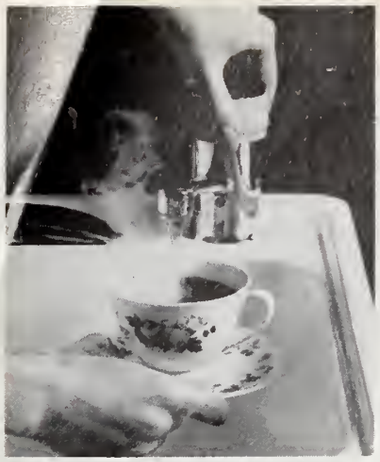
And there's no guesswork when it comes to choosing the right fiber. Armstrong has selected the best fiber for each kind of carpet and labeled it "Armstrong Approved" So, both fiber and carpet are backed by one familiar name—Armstrong. Adventure Prints, for example, are made of continuous filament nylon for an unusually durable carpet with excellent resistance to soil.

To find out more about Adventure Prints and other Armstrong carpets, see the box below.

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You'll probably think of uses for it that even we haven't thought of.



This cleans up afterwards.

The KitchenAid Dishwasher-Sink is a dishwasher, a stainless steel sink and work counter, and a spacious storage cabinet with room for a KitchenAid disposer.

So it's a complete clean-up center, yet it's just 48" wide.

Install a KitchenAid Hot-water Dispenser and your clean-up center will also help put the soup on.

If you want a KitchenAid Dishwasher-Sink or Disposer or Hot-water Dispenser or all three, see your KitchenAid dealer. He's in the Yellow Pages. Or write us for more information. KitchenAid Dishwashers, Dept. 1RC-2, The Hobart Manufacturing Company, Troy, Ohio 45373.

KitchenAid
Dishwashers and Disposers
Hot-water Dispensers

Better Homes and Gardens®

THE IDEA MAGAZINE FOR BETTER HOMES AND FAMILIES — FEBRUARY, 1971; VOL. 49, NO

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Germs can cause odors in many places throughout the house. Places like garbage cans, diaper pails, laundry hampers. LYSOL Spray kills germs that cause odors when sprayed on surfaces.

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LYSOL® Brand Spray Disinfectant stops mildew and mildewy odors. So spray under sinks, around showers and tubs, other finished surfaces.

oking odors
e is like other except an see it. L Spray s it out air — e it s the odors an't see.

ll sorts f odors
se it in your athroom, ning room, ing room, chen — all over e house — to get l of all sorts of lors.

Freshens your bed
Once over lightly with LYSOL Spray keeps your bed smelling fresh and clean.

Cleans odors out of fabrics
LYSOL Spray eliminates odors that cling to fabrics. It's like giving fabrics a good airing. Freshens drapes, linens, rugs, clothes, upholstery.



The spray that does it all

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HOW TO MAKE THE 1970 TAX REFORM CHANGES PAY OFF

If they had a choice, most Americans would probably rather have a severe dose of poison ivy than suffer through their annual income tax battle.

To ease the pain of this year's 1040 fray, we've capsulized the key 1970 tax reform changes. With them, and the tax tips in the rest of this article, you should be able to make some substantial savings in your tax bill.

Crucial tax reform changes

- **Exemptions** for yourself, your spouse, and dependents (including any age and blindness exemptions) have been raised to $625 for 1970, and will be increased gradually to $750 by 1973.
- **A low-income allowance** of up to $1100 has been adopted. You can use it instead of itemizing deductions or taking the percentage standard deduction. By combining the increased exemption and the new low-income allowance, any taxpayer earning $1725 or less will owe no tax for 1970.
- **You can reduce your withholding tax** if your estimated itemized deductions are unusually high. This increases your take-home pay, and you won't have to wait until the following year to get back your over-withheld tax via the refund route. Your employer should have the necessary IRS forms.
- **You can avoid withholding** by certifying to your employer that you will owe no tax for the year, and owed no tax for the prior year. This change will particularly help students and other part-time employees who will thus have immediate use of the money which would otherwise be deducted.
- **Income-averaging rules** have been liberalized. If your 1970 income was considerably higher than in the four preceding years, averaging will give you a lower tax. To see whether you qualify, check over a Schedule G, available at your local IRS office.
- **Moving expense deduction** rules have been eased so you can reap greater tax savings if you move to a new job. Under the old law, your deduction usually was limited to transportation charges for your household goods, in-transit storage fees, and travel costs to get you and your family to the new location. Now, in addition to this, you can deduct:

1. Travel expenses that you incurred in one *pre-move* house-hunting trip.
2. Temporary living expenses up to 30 days at the new job location.
3. Related expenses, such as real estate commissions, legal fees, mortgage costs, escrow fees and other expenses incurred in selling your old home and buying a new one. The maximum you can claim for these newly added deductions is $2500 (but no more than $1000 can be for house-hunting and temporary living expenses).

- **If you're single** and earned $1700 or less, you don't have to file *any* return (unless you file to get a refund). For married persons filing jointly, the non-filing requirement extends to incomes up to $2300. Senior citizens (65 or older) don't need to file on incomes up to $2300.
- **Surprising as it seems,** IRS usually will compute your tax if your income is $20,000 or less. They'll also automatically mail you any refund you have coming. Of course, if you owe more tax, you'll be billed by IRS.
- **The five percent tax surcharge** was dropped July 1, 1970. However, on your 1970 tax return, you'll pay a 2½ percent tax surcharge representing the six-month period it was in effect.
- **Taxpayers failing to pay** all the tax due on their returns now face a non-payment penalty of up to 25 percent of the underpayment. This penalty is in addition to six percent interest charged by IRS for late payment.

Preparing your return

Getting ready. Whether you do your own return or have it professionally prepared, you *must* organize and summarize your tax data on income and deductions. Allow yourself enough time to do the job right—preferably in a quiet spot. Here's what you'll need:

- All 1970 W-2 forms from your employer, and forms 1099 covering interest and dividends received.
- Your 1970 deposit slips, plus canceled checks and payroll stubs.
- Receipts for cash-paid deductions, such as drugs and door-to-door charity contributions. You'll also need your record of business travel and entertainment expenses.
- Several sheets of wide, multi-column accounting paper.
- Copies of your 1969 federal income tax return, and your state income tax retur
- A 1970 IRS instruction book, and set of 1970 tax forms.

Figuring your income. Begin by chec ing over your 1969 return to see h you reported your income and dedu tions. This will tip you off to any "carr over" items, such as unused charitab contributions.

Next, using your accounting pap make a worksheet for your 1970 incom List your salary or wages, your intere and dividends from your form 109 plus any other income. Don't inclu Social Security benefits—they're n taxable. Go through your 1970 ban deposits to make sure you haven't ove looked anything.

Be sure to check your 1099 for against actual dividends and intere received. If you don't agree with t form 1099, check with the payor to s who's right.

If you sold stocks or other assets, j your sales price on your worksheet. I addition, you'll need the dates y bought and sold the asset, your co basis, and any sales expenses. To g your cost on stocks, refer to the brok slip you received when you made yo purchase.

Finally, total the various incom items on your worksheet. Give this whoever prepares your return, or s it aside for filling out your own retur

Getting the most deductions. Label t columns on a sheet of accounting pap with the various deductions—medic interest or taxes. Take your cancel checks and enter the amounts in t correct column. Where necessary, i sert a brief identifying comment on t worksheet. When you're done, you' have a complete breakdown of all 197 checkbook expenses.

Next add the following deduction

1. Drug expenses not paid by check.
2. Items withheld from your paycheck such as charity contributions, med cal insurance premiums, and stat and local income taxes.
3. Interest paid to savings and loan as sociations and other lenders who de duct interest paid from your saving account. Check your savings accoun passbooks for this.
4. Interest paid on your charge account

Continue

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If you don't want a big machine taking up a lot of space, the Hoover Spin-Drying Washer is perfect for you. It's a portable small enough to store away when you're not using it. And it's got two tubs. One tub washes while the other tub spins clothes damp-dry. Hoover's Turbo-Action agitator washes clothes faster too—as much as 24 pounds in about 30 minutes.

Tide has agreed with Washer makers to supply Tide XK samples packed by them and to feature their washers in Tide XK advertising.

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and your installment loans.

5. Mortgage loan interest payments. Principal repayments aren't deductible. But don't overlook deducting your real estate taxes if they're paid by the lender.
6. Your gasoline taxes. This deduction can be figured easily with an IRS table if you've kept a mileage record for 1970.
7. Sales taxes. This deduction also can be figured with an IRS table. Be sure to add the sales tax on any car purchases in 1970.

Now total all the columns on your worksheet to arrive at your maximum deductions. On a separate worksheet, take each column and summarize by deduction categories. For example, your medical column should be summarized on a separate worksheet by showing each doctor, the hospital and other medical expenses, plus the total paid each.

As one last step, check your deductions against the table below. Published by the IRS, it shows the average deductions claimed by taxpayers in various income categories. However, this table is *not* a what-can-I-get-away-with chart. If you're audited, you'll have to prove your deductions.

Doing the return. Everything you've done to this point *must be done by you*, whether you plan to prepare your return or have it done by a tax pro. If you *do* employ a tax consultant, he'll need:

1. Copies of your 1969 federal and state returns.
2. Your 1970 tax return package from IRS, including the "piggyback" name and address label, which you should attach to the 1040 copy you send in.
3. Your W-2 and 1099 forms.
4. Changes in your exemptions, including dependents.
5. Your 1970 worksheets and summary sheets. If you're in doubt on any deduction, give him ample data to decide if it's deductible.

If you do your own return. *Note: do your work copy in pencil to avoid messy, inked changes.*

After filling in your occupation and checking the correct tax status box, complete the data on exemptions. Under the tax reform act, each exemption is worth a $625 deduction for 1970. If you claim dependents not living with you, complete line 34 on the back of the return. If you don't, IRS may be calling.

Next, complete the income portion of the return. Some of your deductions, like medical expenses, charitable contributions and sales taxes, can't be figured until you've calculated your total income, so do the income section first.

Include your wages or salary on line 12. Copy this data from your form W-2. If you had more than one employer or your spouse is employed, enter total from *Continued*

AVERAGE TAX DEDUCTIONS

Adjusted gross income	Average deductions for contributions	Average deductions for interest	Average deductions for taxes	Average medical and dental deductions
$ 5,000- $ 6,000	$ 213	$ 368	$ 370	$ 340
6,000- 7,000	215	439	439	326
7,000- 8,000	232	495	497	327
8,000- 9,000	244	564	564	314
9,000- 10,000	268	629	625	321
10,000- 15,000	312	736	792	294
15,000- 20,000	434	914	1,093	316
20,000- 25,000	586	1,111	1,453	372
25,000- 30,000	714	1,308	1,778	451
30,000- 50,000	1,096	1,732	2,486	444

Don't take our word that Betty Crocker muffins have more blueberry flav

Be nosey.



Olds Vista-Cruiser: The only wagon with a built-in observation roof!

The new Olds Vista-Cruiser is quite a wagon. Its 11 windows give you a beautiful outlook on life nobody else can match. It also gives you extra headroom and extra light, without adding extra heat. Specially treated roof glass sees to that.

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Comforting news inside. Seats are wide, welcoming, and foam-padded. Handsomely tailored, too, in supple all-Morocceen vinyl. Two- and three-seat models available, both with a smooth-riding, 121-inch wheelbase. And *all* seats are forward-facing!

Loads of space for work or play. Over 100 cubic feet of cargo space for every hauling need. Need even more? You've got it in a hidden underfloor storage compartment. Ideal for keeping valuables out of sight. And you can order yours with lock and key for extra security!



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You can pay more, but you can't get more wagon for the money. Big Rocket V-8, power front disc brakes, smooth coil-spring ride—all standard for '71. So are front-fender liners that help fight rust. An aluminum exhaust system that resists corrosion. And strong side-guard beams in the doors for protection. It's features like these that make Vista-Cruiser a solid investment . . . help retain its value, year after year.

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golden nuggets, loaded with vitamins and minerals and rich meat broth. All you add is warm water for a completely nourishing dinner for dogs. Instantly. Chuck Wagon. Next to you, what he likes best and needs most.

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your W-2 forms at line 12. Enter your federal tax withheld at line 26.

If you worked for more than one employer, too much social security tax (F.I.C.A. tax) may have been withheld. In that case, enter the excess at line 62 on the back of the return. Don't overlook this, since any excess is treated as added tax paid by you, and reduces your tax liability.

Attach a copy of the W-2 form to the back of the return, and start on your dividend income. If dividends were $100 or less, enter the total on line 13a, and claim the dividend exclusion (up to $100 of dividends received by each spouse from U.S. companies) on line 13b. Taxable dividends (line 13c) will then be zero. However, when dividends exceed $100, you must complete Schedule B, furnished with the tax forms from IRS.

If you had interest income of $100 or less, enter this at line 14. Where it's over $100, you must use Schedule B. If you have other income, such as business income or capital gains, fill out the appropriate schedules and enter the totals at line 15.

You're now ready to tackle "adjustments to income" (line 17). On this line, you deduct sick pay, job-related moving expenses, certain employee business expenses and any payments made to a self-employed retirement plan. IRS has printed schedules for all these items.

If you're entitled to any of these deductions, see your IRS instruction bookle T total of the "adjustm nt should be subtracted fr your total income, an t balance inserted at line 1 known as *adjusted gro come*. Your deductio sales tax, medical ex ns and charitable contrib tio can be limited by *ac gross income*, so this he especially important.

Itemizing your deduc on

First, decide which of th lowing deduction routes giv you the greatest deduct n:

1. The standard deduct n $1000 or 10 percent o yo adjusted gross inc whichever is lower.
2. The low-income allo a up to $1100, provid the tax reform act.
3. Itemizing your deduc on

Note: If you use the sta deduction or the low-inco e lowance, skip the followi .

Here's where your o sheets and summary ee pay off. First, use Sched e from your IRS tax form ac age, and enter your ite iz deductions. Your total e ized deductions should e tered at line 47 (a) on the a of form 1040.

Although the tax r o act hasn't altered this d u tion area, there still are va to cut taxes.

Medical expenses. Be su deduct half your medic surance premiums up to 1 even if you can't mee t three percent test on me ca expense deductions. Alsc will allow a deduction cents a mile for trans r

Continued on pa e 9

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WHAT YOU SHOULD KNOW ABOUT

PNEUMONIA



Drawing: John Baker

Many people, including doctors who should know better, regard pneumonia as one of the conquered diseases.

They couldn't be more wrong. Pneumonia is appearing with increasing frequency, and once again poses a major threat to your health.

As late as 1936, pneumonia was the No. 1 cause of death in the United States. Then the sulfa drugs and penicillin brought the disease under control.

Today, medical researchers are busily dusting off studies of pneumonia that were happily abandoned with the advent of the "wonder" drugs.

Conflicting reasons are given for the resurgence of one of mankind's oldest and deadliest enemies. The pattern of the illness is often different from the pattern of 40 years ago, yet pneumonia today is essentially the same as pneumonia yesterday. What is this old, and yet new, illness?

Pneumonia isn't a single disease, but any one of a dozen different acute lung infections caused by a variety of microorganisms, bacterial and viral.

Many people confuse pneumonia with *bronchitis*, in which only the air tubules leading into the lung tissues are infected. But all forms of true pneumonia are characterized by a much more dangerous condition. The spongy, air-filled tissues of the lungs themselves become infected, and inhaled oxygen can no longer diffuse properly into the bloodstream.

Still the most common and most dangerous form is *lobar pneumonia*, so-called because it's commonly confined to a single section or lobe of a lung. When both lungs are affected, it's double pneumonia.

Lobar pneumonia is typically caused by small bullet-shaped bacteria which grow together in pairs, end to end (called the Diplococcus pneumoniae or pneumococcus). These organisms are often found living in your nose or throat, just waiting for an opportunity to move into your lungs, especially when your body's resistance to infection is low, or when you have a cold.

Once the infection is established, a whole section of the lung can quickly become filled with so much mucus and pus that air can no longer move in and out of the infected area. These bacteria also produce debilitating poisons or tox-

Continued

The neatest way to handle a nasty little cough



Free No-spill spoon

Give gentle Vicks Cough Syrup with this No-spill spoon. Your spoon is *free*. Just buy this specially-marked package of Vicks Cough Syrup.

Vicks® Cough Syrup has a marvelous ingredient that gently persuades coughs of colds to quiet lo

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It has Silentium®, the most e non-narcotic cough suppressant y buy without a prescription. Yet ta directed, it's gentle enough for ev two-year-olds.

That's why we call it the "all cough syrup.

Gleaming offer from 'Kix'

Handsome serving pieces in Oneida Community stainless—to match your favorite pattern from the Betty Crocker Coupon Catalog!

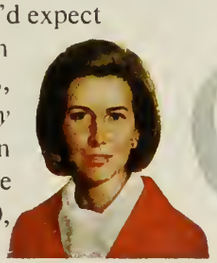


elly oon | Sugar spoon | Butter knife | Cold meat fork | Pierced serving spoon | Large serving spoon



-an extra kick from Kix! Even our family has devoured every rn-puff in the Kix Cereal pack- ere's value left over! The box- n is worth real money—toward rchase of serving pieces in any charming stainless patterns of- pen-stock, in the Betty Crocker n Catalog (free with order).

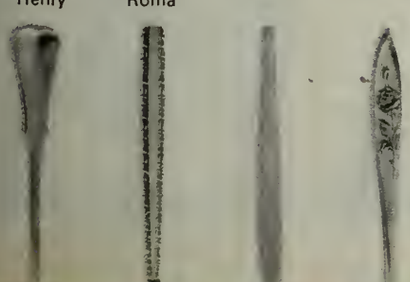
For $5 plus 3 Kix box-bottoms, all seven pieces are yours! (You'd expect to pay $13 retail for seven pieces of this quality stainless, open-stock.) But you *may* order *fewer* than the full seven pieces (see order form). Decide today—offer ends April 30, 1971!





(Shown above: *Chatelaine*)

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My pattern is _____
(See main illustration (Chatelaine) and five other patterns shown at left)

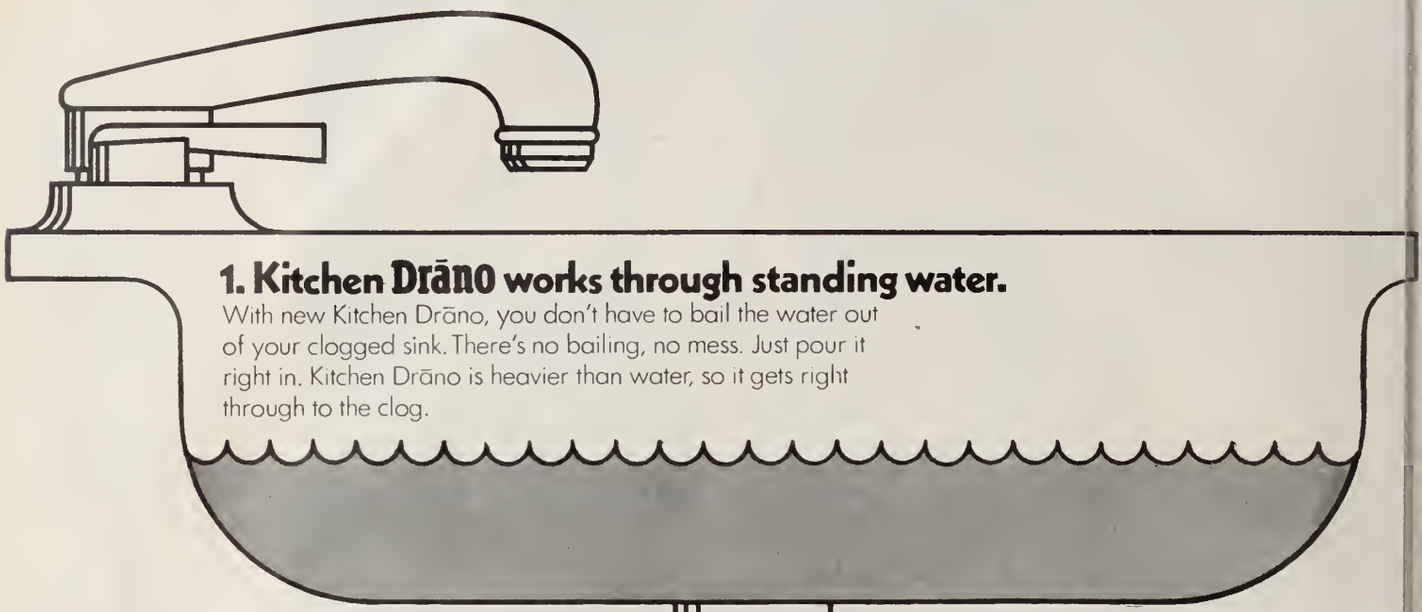
I enclose check for $_____ and _____ Kix box-bottoms for:

- ☐ Jelly spoon, sugar spoon, butter-knife ($1.75 and 1 box-bottom)
- ☐ Cold meat-fork and serving spoon ($1.75 and 1 box-bottom)
- ☐ Large serving spoon ($1.50 and 1 box-bottom)
- ☐ THE WHOLE WORKS: jelly spoon, sugar spoon, butter-knife; cold meat-fork and serving spoon; large serving spoon; and NO-EXTRA-CHARGE dessert-server ($5.00 and 3 box-bottoms)

*To assure delivery, give zip code number. Offer limited to U.S. Void where prohibited, taxed or regulated by law. Offer expires April 30, 1971. One order per family.

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Kitchen Drāno is the only effective leading liquid drain opener that cleans and deodorizes garbage disposers. It doesn't contain a caustic, so it can't damage your disposer. Two capfuls a week do the job.

4. Kitchen Drāno has enzymes that help it eat through food clogs.
All those little food particles that sneak down your drain can cause clog problems. But the enzymes in new Kitchen Drāno actually help it eat through those clogs. They won't harm your pipes or septic tank either.



Kitchen Drāno costs about 1/2 as much to use.
New Kitchen Drāno is concentrated. So one little capful is all you need to unclog. With caustic liquids, you have to use half a big bottle. (Our measuring cap makes sure you're using just the right amount, too.)

Nothing drains drains the way Drāno drains drains.

©1970 – The Drackett Products Co., Distributors

that contribute greatly to severity of the illness.

The first symptoms include: den onset of chills and a perature spiking to 103° higher; an increasing sense tightness in the chest; a ing of breathlessness; a dry gh that soon becomes ex- nely painful. The victim n becomes delirious from fever and toxicity of the ss. The infection can pro- s so swiftly that an ap- ently normal person may me mortally ill within a ter of hours. He soon be- coughing up sticky mucus ed with pus and a rusty- red spit from the infected . If the condition goes un- ted, the fever and chills continue for as much as weeks while the victim mes increasingly weak short of breath. Death occur at any time.

hose who survive typical- o through a "crisis." The perature drops sharply in midst of drenching per- ation, and great quantities fectious debris are coughed rom the diseased lung. A period of convalescence equired before healing is plete. In many cases, lung e is so seriously scarred the victim remains high- ulnerable to recurrent in- ons for many years.

rtunately, lobar pneumo- s rarely allowed to run its se without treatment. At the sulfa drugs and peni- proved extremely effec- in fighting the pneumo- us. They stopped the in- on before it really got ed. Even lobar pneumo- aused by streptococcus or hylococcus infections (es- ally tough bacteria) re- ded well to antibiotic tment for many years. recently, more and more biotic-resistant strains of e organisms have begun pear.

ctims of lobar pneumonia usually tiny babies who neither the strength nor resistance to fight off the disease, and elderly people whose natural resistance has been beaten down by other illnesses. Yet healthy young adults also may become victims. Indeed, pneumonia of any kind today poses its greatest threat as a *secondary infection*, moving in on the heels of virus infections such as measles, flu or mononucleosis, or complicating less dangerous bacterial infections such as pharyngitis or bronchitis.

Other forms of pneumonia have similar symptoms, but usually aren't as swift-moving or devastating. *Bronchial pneumonia*, also caused by bacteria, often develops after acute bronchitis. It characteristically infects small patches of lung tissue throughout both lungs, rather than settling in one lobe. *Viral pneumonia is* impervious to antibiotic treatment, but fortunately is usually a less virulent infection than the more common bacterial pneumonias.

Pneumonia also can arise from inhaling irritating gas fumes (*chemical pneumonia*), aspirating material from the stomach into the lungs while vomiting (*aspiration pneumonia*), accidental introduction of oily nose drops into the lungs (*oil pneumonia*), or just remaining too still in bed for too long during some other illness (*stasis pneumonia*).

Why is pneumonia a threat today?

Bacteria that resist antibiotics are one important factor. Here are some others.

● **Lack of naturally developed resistance to bacteria.** Many doctors feel that widespread shotgun use of powerful antibiotics during the last 30 years for relatively trivial upper respiratory infections has robbed many individuals of natural body defenses. These defenses would have developed had these people been allowed to fight off numerous minor respiratory in-

Continued

Are you spending more than 45 seconds cleaning your dentures?
If you are, you're wasting your time.

Dentu-Creme is all finished when your soak is just getting started. It gets your dentures brushing-clean and toothpaste-fresh in a way no soak possibly can. All in 45 seconds. Less if you're in a hurry.



The fastest way to clean dentures.

Now Bisquick gets baking down to its three simplest steps.



The same 3 steps let you make 113 home-baked goods.

1. Simply mix the ingredients. 2. Spoon out the dough. 3. Bake. No kneading or rolling necessary. If you can make one thing, you can make all 113 of these home-baked goods. Because they're all made in the same three simple steps. Today's Bisquick. It's simply marvelous.



fections unaided by strong antibiotics.

● **Increasing age of our population.** Elderly people have always been more vulnerable to pneumonia than have stronger, healthier young people. The old are potential victims any time their resistance has been broken by a bout with influenza or other illnesses, and antibiotics often just won't stop pneumonia for them anymore. It is this age group that has been hardest hit in recent years.

● **Air pollution and lung damage.** During the past decade, we have seen a tenfold increase in the amount of corrosive, lung-damaging pollution carried in the air we breathe, particularly in our urban areas. It's hard to say precisely how our increasing air pollution contributes to the situation, but there is little question about its indirect effects.

For example, lung damage caused by air pollution leads to *pulmonary emphysema*, a condition in which healthy, air-filled lung tissue is gradually stretched and scarred until the air sacs lose their elasticity. This slow-developing condition creates more and more areas of damaged lung tissue in which infection can gain a foothold, ready to explode into full-blown pneumonia the moment body resistance flags.

Emphysema also contributes to a higher mortality rate when pneumonia does strike, since there is less healthy lung tissue left to carry the victim through a bout of infection once it gets started.

● **Post-surgery pneumonia.** This extraordinary hazard has been recognized for as long as inhalation anesthetics have been in common use, well over 125 years. Indeed, the threat of pneumonia following use of these irritating gases was a major factor leading to alternatives such as spinal and intravenous anesthesia. Yet some medical experts feel that hospital personnel, in... surgeons and anest... gists, have not been ... tious about this da... they might have been...

Other factors also ... work. Hospitals toda... far more fastidious ... Many cases of post-op... pneumonia are being r... now that might neve... been noted by statist... few decades ago. Eve... important, the very fa... surgical and anesthet... niques have improved s... in recent years has co... ed indirectly to an in... incidence of post-s... pneumonia. Surgeons ... are performing ope... they would never ... dreamed of attempt... years ago. Surgery am... aged, inevitably more ... ous, has also increased ...

Facing the problem s...

The increasing prob... pneumonia is not bein... mized by leading doct... medical researchers.

Before the introduc... the sulfa drugs, rese... had discovered that ma... ferent strains of pneu... cus could be identifie... proteins found in the ... capsules covering the ... isms. Vaccines made ... these strains of pneu... cus could be used to c... lobar pneumonia if th... vaccine could be m... against the particular ... of bacteria causing a gi... fection. The problem w... there were dozens of die... strains of pneumococc... identifying the culprit ... case was difficult and ti... consuming. But in ... months these researche... been resumed.

In the near future, ol... people may be routinel... cinated against the th... pneumonia, especially ... they face surgery, as n... all those individuals wh... fer from such chronic ls... asthma, tuberculosis, e... sema or even heart dise...



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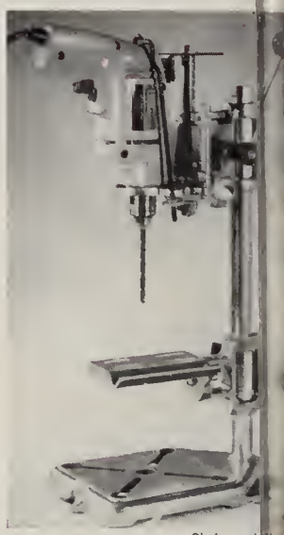
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In Canada: Lord & Burnham, Ltd., St. Catharines, Ont.

How to get more from your drill

Here are three accessories that give most ¼-inch drills greater flexibility. On page 62 we show, in color, how another attachment, a hole saw, makes five intricate projects easy.



Photograph

This drill stand is an excellent alternative to a drill press if you plan to use it for general or limited work. The stand allows you to lower the drill vertically for making accurate holes of uniform depth. You also can reposition the drill mount horizontally. Your drill then becomes a bench grinder or buffer for metal work.



This angle-head [illegible] sander can clean metal [illegible] remove old paint and [illegible] sand wood. It comes wit[illegible] va[illegible] ious grades of sanding [illegible] that are held in place [illegible] screw and washer. A fl[illegible] rubber disk backs up the [illegible] and buffing bonnet. Ru[illegible] compound applied to th[illegible] net will help you revi[illegible] finishes on automobiles. [illegible] you use wax, you can [illegible] metal surfaces to a high [illegible]

Photogra[illegible]



Your drill also can serve as a power source for an air compressor. This new attachment is especially well suited for power drills, and although portable, can be mounted on a stationary surface. A drill with 2000 r.p.m. or higher is [illegible] mended for maximum air [illegible] sure and volume. B[illegible] spray-painting small pro[illegible] the compressor can i[illegible] such things as bicycle [illegible] and sports equipment.

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od a mile away

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ibernate

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ve fascinated mankind since the dawn of ncient priests sought omens in their entrails. saved by the warning cries of geese. Until al miners used canaries to warn them of

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years our scientific knowledge of birds has many times over. Now, from this growing knowledge, the Editors of TIME-LIFE BOOKS the whole story of *The Birds*... how they mmunicate, migrate, reproduce and the rea- eir immense diversity. You'll learn many facts:

fowls provide a temperature-regulated in- or by amassing exactly the proper amount aying leaves, trash and sand.

► Vultures, once reputed to be plague carriers, actually serve as efficient sanitary squads.

► A ruby-throated hummingbird beats its wings at the fantastic rate of 50 to 70 times a second, while the ponderous pelican flaps its wings as slowly as 1.3 times per second.

Only the resources of TIME-LIFE BOOKS could have produced *The Birds* – could mobilize such a distinguished team of writers, photographers, painters, and researchers, and draw upon such a vast file of great photographs. The book gleams with 200 iridescent photographs, paintings, drawings and maps of which nearly 100 are in full color. The careful blend of pictures with vivid text makes *The Birds* a delight to look at and read. But it is also a highly authoritative, carefully indexed reference work complete with bibliography of research and reading materials.

Roger Tory Peterson, who wrote *The Birds* with the Editors of TIME-LIFE BOOKS, is the world's best-known ornithologist, inventor of the Peterson System of field identification which revolutionized bird-watching.

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You will then also have the opportunity of examining other volumes in the LIFE Nature Library which will be mailed to you at the rate of one every two months and to keep them, if you wish, at the same low price. You may take as few or as many as you like and you may cancel at any time.

To receive your copy of *The Birds*, simply mail the postage-paid card provided here or write to: TIME-LIFE BOOKS, Dept. 1701, Time & Life Building, Chicago, Illinois 60611.



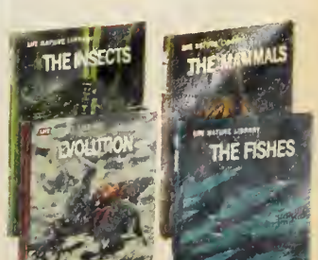


"KINDERGARTENS" are organized by emperor penguins for young ones who are big enough for collective care.



CHANGING OF THE GUARD. Presenting a twig, a common egret hands over to its mate the job of guarding their eggs.

Some of the other volumes in the LIFE NATURE LIBRARY



The last time you served tapioca as good as this you had to mix, boil, stand around, and go a little stir crazy.



Finally it's possible to get tapioca pudding the easy way. Ready to serve from Betty Crocker. It tastes like it was made the hard way. With rich, creamy texture and good old-fashioned vanilla taste. Enjoy it au naturel, or add your favorite fruit or nut accents. Plain or fancy, it's more than delicious. And so are the six other flavors from Betty Crocker.



WANTED: RECIPES MEN LIKE TO COOK

Men—share your recipes with us. We'll pay you 50 for each one selected . . . no food categories, no d lines. Send your entry to "HE COOKS." P. O. B Des Moines, Iowa 50302. Recipes submitted bec property of Better Homes and Gardens.

Bachelor buffet

You don't have to be a bachelor to be a buffet buff. It's one of the easiest ways to put on a big feast that will impress your guests without overtaxing you. Serving is simplicity itself. Just carve the roast and let everyone help himself to the rest of the spread.

Menu

*Rice-Apricot Stuffed Pork**
Mixed Green Salad
Boil-in-bag Peas and Onions
Hard Rolls or French Bread
Ice Cream with Liqueur

Start by preparing the roast and the rice stuffing. The pork roast bakes 2½ to 3 with little attention gives you time to assem serving pieces and you'll need, plus time care of the details. Ma tossed salad ahead, co refrigerate; toss wit favorite dressing at time. Frozen vegetable or without sauce, ta minutes to heat. For let the guests do it then assembling personal s Liqueurs make sophis toppings for the ice cre the combinations be make up your own.

Liqueur	*Ice Cream*
Kahlua	Coffee or Chocolate
Cointreau	Vanilla or Orange Sh
Creme de Menthe	Vanilla or Chocolate
Cherry Heering	Vanilla or Cherry Nu
Peach Brandy	Peach or Raspberry S
Apricot Brandy	Pineapple Sherbet

Other toppings to have available: coconut, nuts, c pineapple or other fresh, frozen or canned fruit.

Rice-Apricot Stuffed Pork*

Have the meatman loosen the backbone—

½ cup (3 ounces) chopped dried apricots
2¾ cups water
2 tablespoons sugar
1 cup long-grain rice
½ cup chopped onion
¼ cup snipped parsley
4 tablespoons butter or margarine
2 teaspoons grated lemon peel
1 teaspoon salt
⅛ teaspoon pepper
4- to 4½-pound pork rib roast

Rinse apricots; place in saucepan with water and sugar. Bring to boiling; reduce heat. Cover and simmer 5 minutes. Stir in rice, onion, parsley, butter or margarine, lemon peel, salt and pepper. Simmer 25 to 30 minutes or till rice is tender; cool. Remove backbone from roast. Along the fat side of roast, make a deep slit between each rib bone. Do not cut apart. Stuff about 3 tablespoons rice mixture into each slit; pack firmly. Place roast, fat side up, on rack in s baking pan. Roast i oven for 30 minutes rice stuffing with foil tinue roasting for 2 hours or till meat then ter registers 170°. Pla remaining rice-aprico ture in 1-quart ca salt lightly. Bake last 2 utes of roasting tim roast stand 10 minutes carving. Makes 8 servi

Photo





Don't buy a built-in oven unless it's this revealing shade of gray.

ning can modernize your kitchen faster than a work-r, self-cleaning oven. But before you buy one, make sure nice light gray inside.

ke the "revealing" shade of gray you find in every P-7® Self-Cleaning Oven.

evealing, because when there's dirt in the oven, you can and know to turn on the automatic self-cleaning.

contrast, some "continuous clean" ovens are finished rk inside, you can't even tell when they're clean.

t a GE P-7 Automatic Self-Cleaning Oven does more just clean itself.



The JK29 27" built-in.

It cleans a lot of extras, too.
Like the oven door.
And the shelves.
And the inside of the window.
Even the aluminum reflector pans from the surface units.

GE offers you all this plus the largest range selection in self-cleaning.

And whatever GE built-in oven you choose, whatever color, we'll give it to you in self-cleaning.

The kind of self-cleaning that never leaves you in the dark when it's clean.

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GENERAL ELECTRIC

GOOD NEWS

DUANE L. GREGG New Products Editor
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No repair shop delays when this take-apart vacuum needs service. If one of the seven component parts fails, just snap it out and snap a new part in place, all without tools. If you choose to have the part replaced at a repair shop, the change can be made while you wait.

Other features of this cleaner include: push-button suction control, automatic cord rewinder and a gauge that indicates when the bag is full.

Shetland Model 4011 Deluxe Lifelong Canister Vac $89.99, other models from $59.99 at Shetland-Lewyt centers.

Highly versatile, this sewing machine makes stitches that stretch. It handles today's tricots, knits and stretch fabrics just as easily as it handles cotton.

Touch a button or twist a dial for an almost endless variety of conventional stitches and decorative patterns.

Singer One Touch Zig-zag Sewing Machines from $329.95 at Singer stores.



Fully automated home movies are ow possible with this projection system.

Once you've loaded a processed spo of film into the special cassette, you n ver have to handle the film again. At sh w-time, just snap a cassette into the proc tor and flip the switch. The film is thr ad-ed through the projector automatic ly then rewound into the cassette when he show is over.

Bell and Howell Auto 8 Movie Proje or from $159.95.

Contin ed



Some people misinterpreted this ad, and we're sorry.



Heredity has nothing to do with Crest's effectiveness against cavities.

In the ad we were trying to say that if parents use Crest, chances are the children will use it, too. And a child who grows up brushing with Crest will have strong teeth.

But we didn't say it very well. Some people told us they thought the ad was trying to say there is a hereditary benefit from Crest.

There isn't. Heredity has nothing to do with Crest's effectiveness against cavities. Crest is effective but only for people who brush with it.

Today there's a whole generation of babies who grew up brushing with Crest. And there's a lot of strong, healthy teeth to show for it.

We're proud of that. Because fighting cavities is the whole idea behind Crest.



Have regular checkups, watch between-meal treats, and brush often.

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Before you plan that new kitchen, wouldn't it be great to have a book telling you what to look for?



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(And your $2 will be refunded at our dealer showroom in your area.)

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573 Tyler Road, St. Charles, Illinois 60174

I enclose $2 for your big full color, 44-page, folio showing a panorama of kitchen decors and finishes, exciting room arrangements, and a typical case history of how a St. Charles Dealer/Designer can help me plan my kitchen.

We plan to: ☐ Remodel ☐ Build

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State _____ Zip _____



Round out your home entertainment system. This unique speaker is completely weatherproof for use anywhere. It's attractive enough for use indoors, rugged enough for outdoors even where exposed to rain.

Air-suspension speaker will deliver up to 20 watts music power. The eight-inch steel housing is finished with durable enamel. Base swivels for horizontal or wall mounting.

Round Sound Machine $49.95 in five colors at audio dealers. Maximus Sound, 809 Stewart Ave., Garden City, N. Y. 11503.

Push-button decorating is
easy way to get striking
sults. In just minutes you
decorate a picture fra
lampshade, table, objet d'
even an entire wall.

Not a paint, the sp
comes out of the nozzle
web-like pattern. To cha
the design, just vary
spraying distance.

The fast-drying spray
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over most materials or finis

*Spun Gold Decorative W
bing Spray* $3.10 per 16
can in paint depts. Ba
Varnish Co., 1532 S. 50th
Cicero, Ill. 60650.



Chase away chills with this smart furniture-styled space heater. Concealed push-button controls give a choice of 1000, 1320 or 1650 watts of thermostatically controlled heat. Safety switch shuts heater off if it's tipped over.

Metal cabinet measures 25½x7x17 and has wood-grain vinyl finish.

Signature Tri-Watt Heaters in Mediterranean, Contemporary and Early American styles about $60 at Montgomery Ward stores and catalog order departments.



Stains on furniture and
pets are short-lived when
have this versatile kit.

It contains everything n
ed to remove more tha
types of stains. Just ide
the stain, be it grape j
tar or puppy accidents,
turn the selector to that s
Selector tells which clea
agent to use and how.

*Dial-A-Spot Stain Re
Kit* $9.95 in dept. stores
Servicemaster centers.
vicemaster, 2300 Warren
Rd., Downers Grove,
60515.

A repair kit in a tube, this all-purpose adhesive bonds to practically anything. Use it for interior or exterior applications on wood, metal, plastic, glass, masonry or paper.

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weatherproof bond tha
heat- and moisture-resis

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Don't lose vitality while watching your weight. Live right, eat right. Get vitamins and iron from 'TOTAL'. Now 'TOTAL' has more vitamins than any other cereal. A one-ounce bowlful gives you 100% of the minimum daily adult vitamin and iron requirements—plus a delicious crunchy taste.

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His frozen Rice Medley comes out perfect



because it goes in perfect.



The Green Giant's frozen Rice Medley always comes out just right because the Giant cooks it just right to begin with. He blends the finest white rice, peas and sliced mushrooms. Seasons and cooks it all to perfection. Then it's quick-frozen and sealed in the Giant's Stay-Perfect pouch. To keep it just right. You just heat it in boiling water and enjoy a perfectly delicious rice dish every time. Try Rice Medley and the other five frozen rice dishes from the Jolly Green Giant. Ho ho.

How to make your car a good clean-air citizen

Every time you drive a car, you're adding to pollu
How much you add is largely up to you. In some
motor vehicles are responsible for about 60 percent
total air pollution today. During the next few years,
will be a dramatic decrease in harmful emissions
automobiles. The improvement will be due to the dev
ment and installation of more effective anti-pollutio
vices on new cars, coupled with the replacement of
pollutant-producing cars by "cleaner" new cars.

The average 1971 car emits about 80 percent fewe
drocarbons and 60 percent less carbon monoxide thar
1963 models did when new. But whether your car is
with the most sophisticated pollution-control devic
an older model, the key factor in reducing automti
pollution is maintenance.

Of the five basic air pollutants, the internal combu
engine spews out four. These emissions come from
sources: the engine crankcase, the exhaust and the
system. Before emission controls, 20 percent of the p
tion came from the crankcase, 20 percent from gas
evaporation and 60 percent from the exhaust.

All U. S. cars manufactured since 1963 (1961 in
fornia) have some form of system to reduce the esca
crankcase fumes. Called blow-by (fumes that escap
the piston rings and/or valves of even the most effi
engine), these fumes formerly were vented into the a
sphere. Now they're recirculated through the engine
burned.

Evaporation from fuel systems has been greatly red
in the 1971 models. The vapors are trapped in storage
partments or the crankcase until the engine is sta
then drawn into the engine and burned.

With blow-by and fuel vapors under control, majo
tention is now focused on the exhaust. Combustion i
complete, even in the best engine under optimum c
tions, and four basic by-products result: carbon mono
nitrogen oxide, unburned hydrocarbons and particu
(dirt, lead salts and soot). In terms of danger and vol
particulates are thought to represent a relatively s
portion of the air pollution problem as compared t
other three by-products. The minute particles of
matter account for less than one percent of the exh
Currently little is known about the effects of lead pa
ulates in air pollution or at what level they beco
health hazard, and there is no provision to control
ticulate emissions. Most major gasoline refiners
offer a low-lead or lead-free gasoline, but this
is principall
make it feas
to install
type of a
burner, man
reactor or
lytic conv
to meet str
upcoming
sion standar



Drawing: Red Fox Studio

Cont

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"DR. SEUSS'S ABC"
A remarkable book that teaches your child the sounds of the letters. Funny words and pictures start your youngster laughing, leave him reading all by himself! Yours Free to keep.



ow that your little one is walking and talking— he's ready to start reading!

Remember the first time your little one d, "Mama," or "Dada"? Then he learned say another word, and still another. ow, he knows so many words, you just n't add them up. He puts them together w. He talks in sentences—and all with- t a single formal lesson. It's only natural. cause he wants to learn. He's so curi- s, so eager to grasp his strange, lovely, e iting world.

And with BRIGHT AND EARLY BOOKS, he c learn to read just as naturally and pily as he learned to talk. So many lit- t children have—from tiny two's to strap- g six-year-olds—with the help of these e hanting and pertinent books by the f ous Dr. Seuss and his fellow authors.

Why? Because Dr. Seuss *knows* what y r child wants to know about—his very o ears and what they hear; his chubby li e hands and what they can do; and (th the help of some fascinating bears) h can even learn to count and find out h numbers work.

o, Dr. Seuss and his friends use the si plest, clearest words to explain these ic as in clever little rhymes. But, the illus- tr ions are the real key. Your child will lc their bigness, their brightness—he'll g over them again and again. And he'll e n to put the words and the pictures together. With just a little help from Mom or Dad, your child will soon discover the magic of *reading all by himself!*

From this happy start— on to bigger things!

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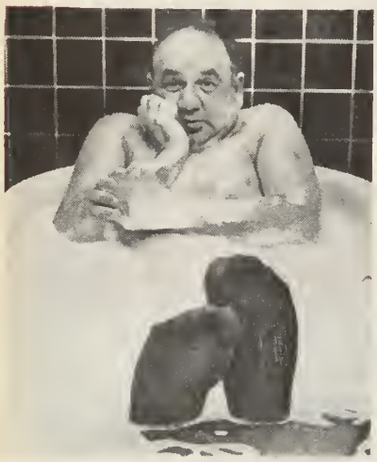


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The other three pollutants are produced by all internal combustion engines in varying amounts according to the anti-pollution devices on the engine and the mechanical condition of the engine.

Carbon monoxide results from incomplete fuel combustion and from too rich a fuel mixture.

Hydrocarbons are released into the air by fuel evaporation and by incomplete burning of fuel. Unburned hydrocarbons are the major offenders. The quantities produced are greatly increased by inefficient engine operation resulting from badly worn and/or poorly maintained engines.

Oxides of nitrogen are produced by all forms of combustion. Both unburned hydrocarbons and oxides of nitrogen contribute to what is known as photochemical smog.

The importance of maintenance

It is estimated that 85 percent of automotive air pollution now comes from cars three years old and over. And according to Automobile Manufacturers Association, the average age of cars in use is $5\frac{1}{2}$ years. Many authorities claim that for the next ten years the biggest pollution problem will stem from cars not equipped with new emission control systems and cars that are poorly maintained. If all cars now on the road were replaced with well-maintained 1971 models, the automotive portion of our air pollution problem would be virtually solved. But this solution is not likely to have wide consumer appeal so let's take a look at what you can do to make your present car a better clean-air citizen.

Emission control mechanisms, regardless of type and degree of sophistication, require periodic maintenance or they can cause an engine to actually produce more pollutants than an older model not equipped with controls.

Crankcase ventilation (PCV), on all U.S.-prod cars since 1963, must cleaned regularly to op properly. A sticking or clo valve can double the eng emission output.

Air filter must be cle and/or replaced regularl dirty filter restricts air upsetting the air-fuel mi and can increase emissio as much as 75 percent.

Carburetor and automa choke must be adjusted co rectly. An overly rich se results in huge outpourin unburned pollutants.

Proper engine tune is o the key factors in keepin haust emissions low. than 85 percent of the tested in a recent Unive of Michigan clinic show marked decrease in emis after tune-up, which incl replacing spark plugs an nition points, and adju timing and carburetion. bon monoxide and unbu hydrocarbon reductions aged 55 percent at idle point at which a car rel the greatest concentrati emissions. Some cars ca the clinic with seven t percent carbon monoxi the exhaust. After tun they had less than one per

Poor maintenance isn ways a case of neglect b owner. His mechanic m using old-fashioned "by and by golly" techniqu an engine that needs mo sophisticated testing e ment. Proper anti-poll engine testing requires th of an exhaust analyzer— vice that many service o tions still don't have.

Or the owner just ma be aware that his car service. Modern auto engines are very forgivi can reach an advanced of deterioration before firing or other sympto inefficiency become app to the driver. In a recen of 366 cars before and

Cont


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osting, why bother him
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essary.

tune-up, two out of three owners had no complaints about the operation of their cars before tune-up, but an almost unanimous majority reported easier starting, better acceleration and smoother idle after tune-up.

The average motorist has no way of knowing how much unburned gasoline is being pumped into the air. If, for example, one cylinder misfires just once in 20 times, you are not likely to feel it behind the wheel of a heavy car with a powerful engine. *But that five percent misfire will increase the unburned hydrocarbons emitted from your car by 300 percent.*

Further proof of the relationship between engine condition and emissions comes from a check of 120 cars with an average of 35,000 miles on their odometers. All were considered by their owners to be in good mechanical condition. Cars were checked for emissions, then given the most basic of tune-ups consisting of nothing more than adjustment of idle speed, fuel mixture and ignition timing. No parts were replaced. This minimal service reduced hydrocarbons by seven percent, carbon monoxide by ten percent.

What kind of "hardware" does your car have?

If your car is a pre-1963 model, it probably has no emission control equipment unless it was first registered in California. All 1963 and later models have emission control devices; the newer the car, the more efficient and extensive the system.

The systems are designed to a) recirculate blow-by gases, b) improve carburetion and combustion for cleaner exhaust, c) reduce remaining harmful exhaust emissions to an acceptable level and d) control vapor loss from the fuel system.

Maintenance of these devices is not as complex as it might seem. The PCV valve routes blow-by gases back through the engine to be burned. The valve shou[ld] be checked for proper operation every six months.

Routine maintenance of virtually all other emission control devices on your car, including the '71 models, is handled on an annual basis ideally as part of a complete engine tune-up.

A clean-air kit for your present car?

To help minimize air pollution by older cars, the auto manufacturers have developed a clean-air kit that can be installed on most 1955 to 1966 cars. The kit can reduce unburned hydrocarbons and carbon monoxide by as much as 50 percent and oxides of nitrogen by 30 to 50 percent.

Included in the kits are all parts needed and instructions for installing and adjusting the carburetor and distributor. The kit is available at many new-car dealerships for about $12.

Installation is not a do-it-yourself project unless you have access to professional engine testing equipment. Dealer installation costs about $35 including parts and labor. As with the factory-installed devices, the engine must be properly maintained for the kit to do its job.

Driving to reduce pollution

Heavy acceleration results in a heavy discharge of unburned hydrocarbons and carbon monoxide.

An idling engine produces the highest concentration of pollutants in the exhaust. Turn the engine off rather than letting it idle for prolonged periods. Also avoid extended engine warm-up. A cold engine operating at idle pollutes the air and engine with raw gasoline.

The evaporative control systems on the 1971 models eliminate most pollution created by fuel evaporation. On older cars, you can minimize evaporation by not overfilling the tank on a hot day and making sure there are no leaks in the fuel system. ■



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Hot Cross Buns



Cheese-Pepper Bread

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Just how safe are garden pesticides?

Don't spray or dust just because you hink it's the thing to do. Much of the me it isn't necessary—and it's the in-iscriminate use of pesticides that's armful.

Some plants, like hostas, daylilies and ampanulas, are relatively pest free and on't need protection. Instead concen-ate on those plants—like roses, apples nd cucumbers—that are subject to equent insect and disease attacks. If ou don't spray them at regular inter-ils, you may lose much of your crop.

Some woody plants are subject to in-cts with a long life cycle, such as ale on lilacs. They commonly need ily one or two applications a year: a ormant spray in early spring before owth starts, and a second in June nen young insects are crawling.

If you feed, water and care for your ants properly, they will grow more vigorously and be better able to ward off excessive buildup of pests.

The kinds of pesticides to use are those that do not persist in the environment. Fortunately, most pesticides sold today at garden centers are relatively short-lived. They are broken down into harmless substances soon after doing their jobs. However, since all pesticides are toxic, you must always handle them exactly as the label directs. It's your assurance of safety.

Carbaryl controls many kinds of chewing insects. Malathion is most effective against scale, aphids and other sucking insects. Diazinon acts against many chewing insects, as well as sucking types. Two pesticides derived from plants are rotenone (a stomach poison for control of chewing insects) and pyrethrum (a contact poison for sucking insects). Both have low toxicity for humans and warm-blooded animals, but keep them away from fish ponds. Dicofol and tetradifon are two effective chemicals to control red spider mites.

DDT has been banned for many uses. What if you still have some on hand? The worst thing you could do is pour it down the drain. It will find its way into our waterways and endanger wildlife. Just seal it up and store in a safe place until official word reveals a disposal method.

For control of plant diseases, the following products are among the most effective: captan, folpet, zineb, ziram and dinocap.

You can buy and use pesticides separately or in available mixtures. By using a multipurpose product containing carbaryl, malathion, dicofol and folpet, you control aphids, red spider

Continued on page 44



One-Rise Mixer Bread recipes free in Gold Medal sacks.

Our Most Popular Creative Stitchery Kits

Selected by Better Homes and Gardens editors, these easy to make kits have been our readers favorite choices. So, we are making them available again. Order now, for creations you'll be proud to display!



Daisy Panel

Wake up your walls with this vibrant, larger-than-life daisy panel. Big, bold yarn stitches work up fast for this needlework bouquet. The daisy panel stamped on yellow cotton homespun has light yellow to dark orange flowers with one blue daisy as an accent. The flower section is 12½"x16½". Kit includes stamped homespun, yarns, needle and instructions.
Kit 00862 $10; 2 for $19
Frame 00864 $11; 2 for $21



Crewel Wall Clock

Create this treasured heirloom. Kit includes everything you need: clock face stamped on luxurious cotton and linen fabric. Crewel wools and floss in authentic soft shades of rose, yellow, green, blue and black, needle and easy instructions, fruitwood finish frame, mounting board, precision clock movement, works on a standard "D" cell (battery not included). Size 14½"x14½"x2½" deep.
Kit 00879 $28; 2 for $53



Flower Basket

This needlework masterpiece fits a 19"x23" frame. It is done in crewel yarn of striking yellows, oranges, and pinks on a yellow background. Kit includes yarn, stamped homespun, needle. Our careful instructions eliminate all the guesswork. The shadow box frame, hand-joined and hand-finished with a gold metal lip is available separately.
Kit 00429 $9; 2 for $17
Frame 00430 $14; 2 for $27



Tray Holder

This clever tray holder is a Scandinavian inspiration that you'll love having after you've enjoyed cross stitching it. The unusual indigo, magenta, and bronze color scheme is surprisingly able to blend with anything. The teak and brass hanging ring has a mellow look of hand craftsmanship. Kit contains cotton fabric, embroidery thread, hanging ring, and instructions that make it easy.
Kit 00524 $4; 2 for $7



Bouquet in Blue

Master a few crewel stitch; a
produce this eye-catching flo
arrangement that will last an la
You'll discover it highlight mo
any color scheme. The bouq
crewel wool yarn of blue, whi
yellow, green, and black its
frame 18"x21". The kit inclu
design-stamped homespun w
yarn, needle and easy-to-
instructions.
Kit 00500 $9; 2 for $17
Frame 00502 $11; 2 for $2



Williamsburg Pillow

Work a pillow (14"x14"), a
footstool covers (30"x30") n
thentic crewel adapted fro
inal Colonial Williamsbu
signs. Kits include stampe
linen twill, crewel yarns in
of green, brown, yellow gol
and rose, needle, zipper,
rections. (You supply squ
low form.)
Kit 00051 Pillow, $7; 2 for
Kit 00052 Seat Cover, $6;
$11; Set of 4 for $22



Snowflake Wall Hang

Capture the fleeting beat
snowflakes. Pastel yarn
subtly in color against da
background. Gives snowfla
almost third dimensional
Simple stitches and instr
make this kit ideal for beg
Kit includes design on 10
ton homespun, yarn, nee
instructions. Fits 19"x24
lipped frame, available sep
Kit 00505 $9; 2 for $17
Frame 00504 $15; 2 for $2



Scandinavian Crewel

Pair of bluebirds and r
nest on a strand of green le
the natural colored fabric
able either as electric or
operated cordless, kit i
clock, stamped clock face,
finished wooden frame
square, mounting board,
crewel wool and embroid
ton, needle and direction
cell not included.
Kit 00073 Electric, $20; 2
Kit 0074 Battery, $28; 2 f



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nostalgic air is to be foun
floral arrangement and th
lacy doily. The muted purp
ground of this unusual cre
sign contrasts perfectly
lively pink, yellow, and
found in the flowers. Kit i
crewel yarn, stamped ho
needle and easy-to-follow s
tions. Fits 19"x23" frame
Kit 00432 $9; 2 for $17
Frame 00433 $14; 2 for $

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CHEESE SOUFFLE (for bland diets)

- 1½ cups milk
- ½ teaspoon salt
- ¼ cup Cream of Rice
- 2 tablespoons butter or margarine
- ½ cup shredded mild cheddar cheese
- 3 eggs, separated
- Grated Parmesan cheese, optional

Combine milk and salt; scald. Sprinkle in Cream of Rice and cook, stirring constantly, for 1 minute. Remove from heat, cover and let stand 4 minutes. Add butter and cheese; stir until melted. Beat egg whites until stiff but not dry. Beat egg yolks until lemon colored. Gradually blend warm rice mixture into egg yolks. Fold in about one-third of beaten egg whites, then remainder. Pour into unbuttered 1½-quart souffle or baking dish. Sprinkle top lightly with Parmesan. Bake in preheated 325° oven until puffed and golden brown, about 40 minutes. Serve immediately. 4 servings.

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CREAM OF RICE

mites, various beetles, worms and many plant diseases.

For safety and convenience, use a multipurpose pesticide available in pre-measured individual plastic packages. Throw in one pack per gallon of water and stir. The container dissolves immediately.

If you need to control only sucking-type insects, such as scale and mites on ornamentals, a systemic pesticide cartridge is available for a root watering feeding lance. This is the safest way to handle it and roots will start to take in the chemical immediately for distribution through the plant. The systemic is effective for six weeks. It works best on actively growing plants, so use it during early spring and early summer.

Systemics are available in both liquid and granular forms. Avoid using the liquid chemical in the garden—it isn't considered as safe as the dry form. Granular systemics can be mixed with lawn or tree fertilizer and spread underneath plant branches. Be sure to scratch and water it in well or puddles could form that would kill birds and animals.

To help combat pollution, use only the best equipment and apply pesticides properly. Cheap equipment is poor economy. Choose a good-quality compression sprayer or gear-driven duster. Whether you spray or dust, the object is to apply just enough film to cover the leaves uniformly on both sides with no excess. Choose a windless day for this.

Pollution of the total environment by the use of garden pesticides is insignificant when the chemicals are handled as instructed. Before they are allowed on store shelves, chemical research staffs run experiments with them on plants and animals and they are then screened by governmental agencies. Pesticides are often blamed for the death of wildlife when other pollutants are the real cause.

Aldrin, dieldrin, DDT, endrin, heptachlor. All are in the same chemical family. Their residual life is long and they should never be used by the home gardener. With newer, safer insecticides available, there is no need for them.

Following is a list of g chemicals most likely found for sale today. "safe" (if used as di unless otherwise indica **Carbaryl.** Its residual about five days. A usef effective broad-spectru secticide for lawn and g **Chlordane.** Residual the soil is about a year sidered safe to use on th and in the garden before ing to control destruct sects harbored in the s **Diazinon.** Residual life than a month. It's broad-spectrum insecti lawn and garden. **Dicofol.** Relatively n with short residual l controls red spider mit **Lindane.** Residual life months or more. Us only on woody plants trol borers. **Malathion.** It has a r life of about five days a effectively against common sucking inse a few other kinds. **Methoxychlor.** Short r life. It can be safely u directed) on vegetable a week before harvest. **Pyrethrum.** A botani secticide with a residua several hours. Effecti quick knockdown of p **Rotenone.** Short resid Pyrethrum-rotenone is great for quick knoc Rotenone finishes off th **Tetradifon.** Like dico is a relatively nontox cide with a short resid **Systemics.** (Disulfot common one.) They life of about six we very toxic, and should only with the greatest plants either indoors **Herbicides and fung** Many weed-killing c and fungicides availab are considered safe f garden use. Among available preemergen killers are products ing DCPA and tri Among widely used fu are captan, folpet, zineb, ziram and ferb have a short residual are considered safe mans and wildlife. exceptions are mercu arsenicals which persi environment and are ered dangerous pollut



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CONSERVATION: how can you help?

Almost everyone who sets out to enjoy the beauty and wonder of the natural world these days becomes aware of the accelerating rate at which environmental quality is being lost. Of course, conservation organizations have been fighting the battle for wild lands, wildlife, and human environment for a long time. They do have many of the right answers, and they always need more members to help them achieve their goals. Even as an individual member of a very large club, you can have the satisfaction of knowing you are helping to keep the world beautiful and habitable. If you get deeply involved as a working member, you may see your labor pay off in the form of effective legislation.

No single organization can do or even aim at doing all the urgent jobs. However, by choosing among half a dozen major national groups, you can feel your way toward personal effectiveness in the areas you care about most. Some of these groups also plan and sponsor outdoor activities—hikes, river trips, pack trips—in grand, unspoiled regions.

• **The Sierra Club** is one of these organizations. It has been much in the news in recent years because of its unflagging defense of the Grand Canyon against power dams and its call for establishing a national park in the coast redwoods of California.

From a friendly California society of 7,000 hikers and skiers 20 years ago, the Sierra Club now has a membership over 100,000. The society was founded by John Muir in 1892, and was identified originally with failure because of its inability to stop the infamous Hetch Hetchy water project in Yosemite National Park. Since then, in the words of former U.S. Senator Thomas Kuchel, the group has "shown plenty of muscle." It has lost its tax-deductible status (for legislative lobbying) and has sometimes alienated power companies, oil companies, lumber companies, and several arms of the United States Government.

The club conducts wilderness outings all over the world, has choice mountain lodges and other properties available to its members, and publishes hard-hitting books on environmental subjects. Membership information is available from its many regional offices, or its home office at 1050 Mills Tower, San Francisco, Calif. 94104.

• **The Wilderness Society,** 729 15th St., N.W., Washington, D.C. 20005, also speaks effectively for wilderness and its creatures. It resists invasion of wilderness with many tools, the most effective of which is its magazine, *The Living Wilderness*. Pack trips into magnificent wilds of the United States and Canada have been part of its program for many years. In a sense, it is the organization best aware of its goals. It concentrates on wilderness, leaving other environmental concerns to others. But more and more the Society recognizes the intricate web of environmental interrelationships.

• **The National Parks and Conservation Association,** 1701 18th St., N.W., Washington, D.C. 20009, extends its interests and activities beyond the national parks and monuments of America to conservation and restoration of the whole natural environment. Members are kept informed by the Association's publication, *National Parks & Conservation Magazine*, which first sounded the alarm about the ultimately defeated Echo Park Dam proposal in Dinosaur Monument.

• **The National Audubon Society,** 1130 Fifth Ave., New York, N. Y. 10028, often thought of as mostly devoted to the protection of birds, is actually a strong champi[on] of all wildlife and unspo[iled] wildlife habitat. *Audub[on] Magazine* is both eloq[uent] and beautiful, somethin[g] to collect and save. Membe[rs] are expected to participate in th[e] work of the Society. You [may] find yourself joining in a [mi]gratory bird count, mar[ch] a nature center, or even [be]ing to organize a town [con]servation commission.

• **Friends of the Earth,** [124] Pacific Ave., San Franc[isco], Calif. 94133, is a comp[ara]tively new organizatio[n] tackles worldwide ecolo[gical] problems and impending p[ro]lems which ultimately a[ffect] the remaining pockets of [wil]derness and their native [spe]cies. FOE (as it is called—[but] it is a forthright foe of p[ol]tion and waste) is the b[rain] child of the former exec[utive] director of the Sierra [Club] David Brower. The orga[niza]tion has wasted no tim[e] pursuing crucial issues [in] such provocative paperb[acks] as *The Environmental H[an]book* and *The SST Hand[book]*. Soon to be published i[n] first exhibit-format wi[ld]ness-appreciation book o[n] Hawaiian island of Maui.

• **The Nature Conserva[ncy]** 1800 North Kent Street, [Ar]lington, Virginia 22209, h[as] different role. Its primary [aim] is not persuasion, but a[n] volving fund with which i[t] tually buys available pris[e] acreage to save it from [ex]ploitation. The land is [held] in trust pending acquis[ition] by a public body charged [with] maintaining natural va[lues]. Along with each deed con[vey]ing property from the C[on]servancy to an arm of gov[ern]ment is a reversionary cl[ause] by which the Conserva[ncy] takes back any such land [if] used for purposes other t[han] those to which it is dedica[ted]. Conservancy members o[ften] serve the organization by [ap]praising land acquisition p[ro]jects near where they live. [It]

Big effects IN SMALL SPACE

3



graph: Bill Hedrich, Hedrich-Blessing. Interior Designer: David Nichols, A.I.D. affiliate Source: Helen Heitkamp

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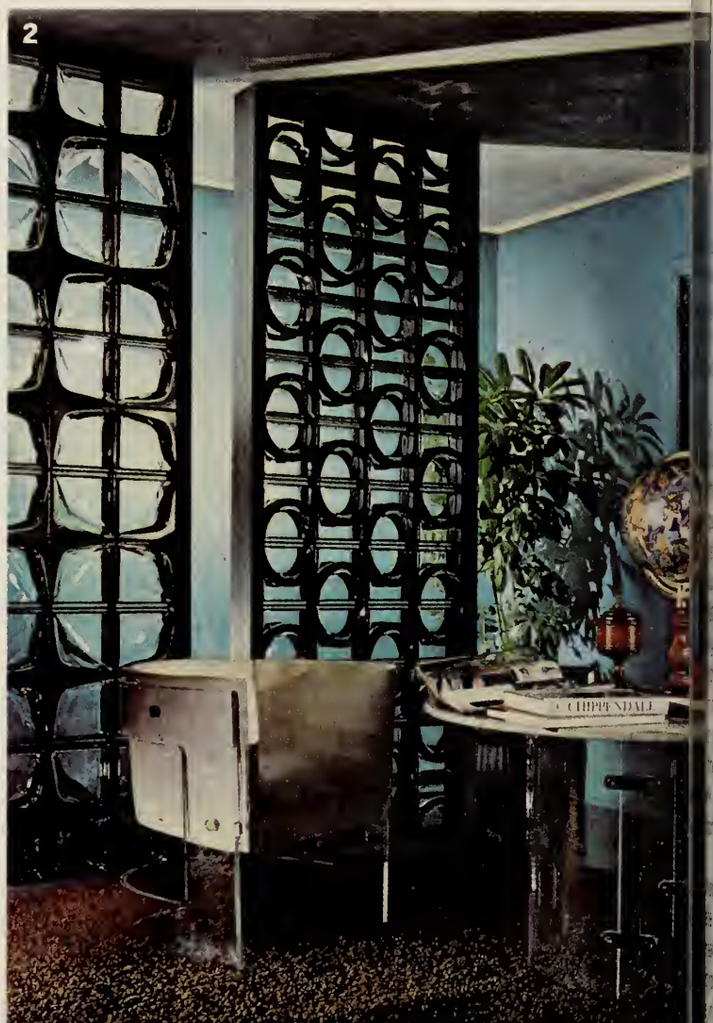
all see-through so they don't com- e. This riotous effect is not for the id, but in a small area like this, you afford to indulge a taste for the- cs, if you're so inclined.

ger-than-life figures colorfully ex- de the confined space of this bed- room and also help define a conversa- tion corner. The ballooning birds are painted in coloring book fashion (definitive black outlines filled in with strong clear colors). It's a great way to add depth to flat white walls. Plastic blow-up seating pieces accent the casual mood of the room and also suggest spaciousness. You can achieve a similar space-stretching effect by simulating an outdoor scene or painting a checkerboard design in alternating light and dark colors. If it's a child's room, people the walls with giant likenesses of his favorite cartoon or comic strip characters.

Big effects IN SMALL SPACE with area rugs & room dividers



Photograph: Bill Hedrich, Hedrich-Blessing. Interior Designer: John Harrison, A.I.D. Source: Suzanne McDonald



Photograph: Mike Dieter. Interior Designer: Robert E. Dittmer

1
What better place to roll out the red carpet than an entrance hall? Here a flaming red area rug, banded in lemon and orange, brightens the entry. These same hot colors are repeated in the plaid upholstery on twin bamboo-framed benches. For more fireworks, red spills over onto the door panel. This incendiary scheme is cooled by large expanses of glass plus a muted background of rough-sawn cedar siding with a driftwood finish. Sparing use of furniture enhances the roomy quality of the entry. In keeping with the crisp contemporary look, the sole wall ornaments are a pair of simply designed opaque cylindrical lights.

2
Front door opens right into your living room? You can create an entrance hall using sculptured glass blocks for a room divider. This entry, carved out at the door end of the room, was l of side-by-side panels incorpora different block styles. The glass r ules, alike on opposite sides an identical size and shape, were cem ed together and framed with 2 Since the blocks transmit light fre they seem to enlarge the area building your divider, decide on he and width—you don't have to g the way to the ceiling—and then cr

Photograph: Bill Maris. Interior Designer: Michael de Santis, A.I.D., N.S.I.D.

3



r own glass block pattern. The cks are also suited to window open- s (especially the no-view type) and be made into a handsome but ctional privacy screen for the patio.

stark look of this ceiling-high der makes it a standout in a many- terned room. To sharpen the visual act, a modernistic painting in pale es was hung against the inky back- und and balanced with a velvet up- stered stool. The room divider par- y screens the ell of the living room ch contains a sleeper sofa to ac- modate overnight guests. Divider constructed of 2x4s and nailed ne ceiling and floor. The frame- was covered with wallboard ch was then primed and painted.

sider this spectacular way to sep- e sleeping quarters from the con- ation/reading area of a master oom. Although the room is small, riotous colors and perpetual-mo- pattern of the fabric give a feeling aciousness. To fashion the divid- ne fabric was glued to a piece of board. Then the divider was t into slotted vertical posts (ex- ed aluminum spray-painted bright w) and fastened to floor and ceil- ith metal brackets. Extra yardage purchased for the matching bed- ad. If you want only a suggestion paration, select a semi-sheer fab- nsert lattice molding in top and m hems, and secure to ceiling screws.

4



Photograph: Bill Hedrich, Hedrich-Blessing. Interior Designer: Robert G. Curtis, Pogue's

Big effects IN SMALL SPACE with mirrors & metallics



Photograph: Bil

1

Dining setup for six? Take a closer look. There are actually only three place settings on this table. Mirrored panels which span the end wall of this small dining room give the optical illusion of twice that number. Mirror magic such as this works best in a room that is simply schemed around one or two colors. Absence of competing hues keeps the reflected image sharp and uncluttered. Although the chair backs are intricately detailed, they register well in this particular setting because they're painted stark white.

2

Give your cubbyhole bedroom a lift by adding the illusion of height. Sheath one wall, floor to ceiling, with warm, lustrous copper. Here strips of industrial copper were applied to the wall with a mastic, then nailed on with stainless steel upholstery studs. The secret of this application lies in thinness of copper (the texture heavy bond paper) and the nar width (six inches) which is unro from a spool and cut with regular s sors. Coppery tones of the wall are peated in the patterned bedspre chair cushion and trunk nightsta For a less expensive version, you substitute aluminum strips faste to the wall with brass studs.

rior Designer: David Zeigler, A.I.D. Source: Patricia Mertz





r Designer: James Jones. Source: Patricia Mertz



Photographs: Bill Hedrich, Hedrich-Blessing. Interior Designer: Suzanne McDonald

igher-than-average ceiling inspired h. big-effect screen treatment. Mir- ed panels emphasize the soaring ght and bring needed depth to the li ng area. Eight 12-foot panels of ¼ ch plywood were hinged and cov- d with 12-inch square mirrors (ten ach panel). A special mirror ce- it was used to protect the silvering. screen is secured to the back wall wires. Accenting the lofty look is a plywood display pedestal. The striped table cover is a king-size bed-sheet cut and seamed to fit the circular-shaped tabletop.

4

What appears to be a latticework wall in this dining ell off the living room is really just a tricky wallpaper. Its dimensional design is overprinted on a silvery foil background to simulate depth. A bright emerald green carpet strikes the only color note in the basically all-white setting. Chrome-based, glass-topped table and marshmallow vinyl and chrome chairs underscore the airy atmosphere. For an interesting contrast of shapes, a circular-design wall hanging is played against the crisscross pattern of the wall covering. A solid-black lucite buffet provides the anchor that keeps the art from floating in space.

Photographs: Bill Hedrich, Hedrich-Blessing. Designer: David Nichols, A.I.D. affiliate. Source: Helen Heitkamp



1



2

Interior Designer: Robert G. Curtis, Pogue's. Source: Suzanne McDonald

1
The short-end wall of this dining ro was given importance with an artf arranged collection of Imari wa Multi-shelved display unit is c posed of a series of modernistic cu which can have either glass or mi sides and back or a combinatio both. These cubes reflect light a give depth to the long, narrow ro What's more, the mirror effect doub the impact of the collection. Indivi cubes are bracketed together so can easily plan a wall unit to suit y particular room dimensions.

2
A small art collection enlivens t short living room wall, and serves direct the eye to the dining room yond. The asymmetrical groupin lithographs, engravings, Chinese broidery, and wood paintings is chored with a fabric-covered Pars table. A tabletop array of mine adds more interest. Displayed on t cubes, the minerals make a stri textural contrast to the nubby silk ric which sheaths the table. A s bench serves as extra seating.

3
Even if you're all thumbs, you build a striking storage wall these versatile cubes. They're as e to assemble as a child's toy blo and can be stacked to form a wal any size or shape. Pile one on to another in limited space, or spr them out in all directions as sho The cubes are made of high-imp molded plastic, measure 15¾x1 inches, and come in red, white blue. Assembly is a snap. The cu are grooved and simply snap toget without benefit of tools, adhesive elbow grease. Some cubes h opaque end panels and can be illu nated. Others are drawered, shel and punched for bottle storage. tered cubes can be topped with cu ions and used for mobile seating.

ig effects IN SMALL SPACE with arrangements



gn: Lisanti. Interior Designer: Design staff, Altman's, N.Y.

Buying information, page 86

Photograph: Lisanti. Interior Designer: Drdell M. Safran

1



Big effects IN SMA SPA

1

A stylized floral fabric adds dash dining room and masks the functio nature of this dual-purpose buf server. The wall-hung buffet takes minimum space, yet stores a wealt linens, glassware, china and flatw Made of ¾-inch plywood and pain with a semigloss enamel, the unit surfaced with a spill-proof plastic l inate to make it practical for buf serving. The closely woven fabric stretched and glued to ¼-inch h board panels which were then f into the framework of sliding do Finished buffet was fastened to studs with screws. A coordinated ror frame of 1x6s was covered fabric which was tautly stretc then glued. The mirror was mou from the back of the frame.

2

Flamboyant fabric panels in rich j tones endow this small dining r with elegance. Six-foot widths of ton in a traditional "Tree of Life" tern were made with wide hems a and bottom and shirred onto dra rods. The rods rest on clothes hooks fastened at baseboard and ing cove. There are a dozen pa hung about the room, including d ways where they are loosely tied b For pattern spice, the wooden c were plumply cushioned in a s scale plaid which repeats two o colors featured in the wall coveri

2



Photograph: Bill Hedrich, Hedrich-Blessing. Interior Designer: Patrick M. Korb, A.I.D. Source: Patricia Mertz

ith fabrics

sparkle to your dining area with a erous serving of supergraphics. cuts of fabric were placed side by to form this psychedelic wall de-. Fabric was attached to the wall silicone glue which seals the es and prevents fraying (or you use double-faced tape or a staple . Applied in this manner, the fab-an be peeled off for cleaning or re-ement with another wall treat-t. In plotting a fabric-covered wall, mber drapery-weight cottons are st to work with. Heavier weights difficult to handle; lighter ones oo flimsy to be satisfactory.

resting toile de Jouy fabric trans-ed this rather ordinary miniscule into something extra special. Sill-h tieback draperies, fabric-lami-l window shade and plastic-lined er curtain repeat the pattern, and all-wide mirror makes the cumu-effect doubly effective. Stretch-om the outside wall to the linen t, the mirror also helps blow up ze of the bath. Standard 30-inch-lavatory cabinet was removed eplaced with a 36-inch one, thus ng a bonus of two much-needed ge drawers. A sudden burst of ck red in the lavatory bowl, lid and plasticized peppermint-d cotton ticking on the walls color excitement.

Photograph: Bill Hedrich, Hedrich-Blessing. Interior Designer: Famous-Barr Northwest North. Source: Lois Rea

3



4



Photograph: G. Suter, Hedrich-Blessing. Interior Designer: David Wright. Source: Elizabeth Lunt

Big effects IN SMALL SPACE with wallpaper



Photographs: Bill Hedrich, Hedrich-Blessing Designer: Jack Denst



Source: Patricia Mertz

1

A compact Pullman-style kitchen b comes a traffic-stopper by means o mural of a 1930 automobile. It's s cuted in copper (but it's also avai b in wallpaper and a vinyl wall cover The elongated lines of the car se to enlarge the wall. This way-outv treatment also helps define the e tral work area of the kitchen. T lengthy counter top can double s buffet server when the occasion d mands. Lighting can pose a proble a Pullman kitchen. Here fluores tubes behind a plastic grille pro plenty of non-glare illumination.

2

A bathroom can pack a decorti punch out of all proportion to its sie you doubt it, see how this pocket-si bath was put into orbit with lo striped wallpaper. Hung horizon instead of in the more convent vertical fashion, the wide flo stripes hypnotize the eye into be ing the room flows on and on. A ity-wide mirror adds still more do Red crackles across the room in ted pictures, towels, soap and a rangement of straw flowers. Wa wall carpeting in a furry texture ad note of luxury and echoes the b white and red scheme.

3

Contemporary living room of m ate size conveys a big outdoor fe thanks to a wallpaper mural w stark simplicity gives the illusio infinite depth. White walls, off-w wall-to-wall shag carpet and Par table also foster this feeling of un ing space. Splashes of dandelion low in chair upholstery and tab accessories with sharp punctua of black rescue the scheme blandness. Toss pillows, the ro secondary pattern accent, in no compete with the mural because design similarity and identical scheme. Some wallpaper murals available in prepasted, trimmed strippable panels. You can use a gle panel where space is limite aim for a more eye-boggling spec lar as shown here.



n Greene, Nick Rowley, Hudson's. Source: Elizabeth Noah

Macrame—not as knotty as it look

By Morley B. Smith, Crafts and Design Editor





Macrame, the ancient art of knotting, is a craft that fools the eye—it looks impressively complicated, but actually originates from a few basic knots. The rest follows as you improvise.

Free-style or calculated, macrame (pronounced mak-ra-may) successfully combines beauty with practicality. Sailors used it on their vessels for centuries, proving the strength of its construction. Our examples are decorative, but you also can make macrame place mats and purses, runners and rugs, book bags and belts.

Because the materials are inexpensive, you can try a variety of designs and techniques. On small projects, you can work at odd moments almost anywhere—a real help, since macrame, like knitting, takes time.

Photographs: Hopkins. Designers: Estelle Carlson, B. J. Casselman, George Hans





You'll get best results if you first match the material to its intended use. Projects expected to endure hard wear or hold a stiff shape require strong cord with a hard twist. Airy decorations, such as the educated spiderweb (far left), call for thinner, more flexible twine.

Pattern should dominate any macrame design, assisted by texture, color and materials. To achieve this, limit the number of colors you choose for a given design. A small sketch will help you.

If you haven't tried macrame before, a simple project such as the beaded room divider (second from right) would be a good starting point. Regardless of the design you select, practice some of the basic knots first. Then you can create your own patterns as you work.

For how-to information, see page 80.

Room divider requires 2x4s and a 4x8-foot sheet of ¼-inch veneer face plywood that's good on both sides. First lay plywood on scrap lumber. Cut rows of 2½-inch-diameter holes on predetermined centers. Saw straight line through center of holes, creating narrow strips. Crisscross strips as shown.

Make a 2x4 framework about 3½x7 feet, slotting inside edges to accept plywood strips. Glue overlapped strips together and reinforce with small brads. Assemble frame and paint.

Glass racks require ½-inch pine and 1-inch and 2½-inch hole saw. These are long boxes without front and botton sides. For most tumblers, cut 2½-inch holes on top. For stemware, cut 1-inch holes on top and two straight lines ½ inch apart from front edge to hole.

Wine rack requires ½-inch plywood, ½ inch dowels and a 3½-inch hole saw Place scrap lumber under plywood. Cu 3½-inch holes in plywood. Connect the two pieces with six ½-inch dowels.



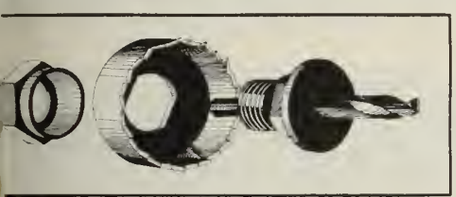




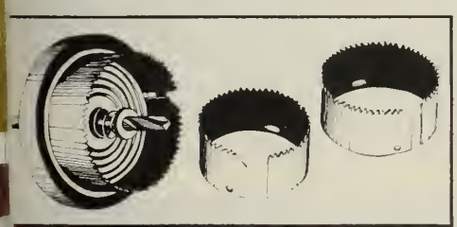
The hole saw—makes the intricate easy

David A. Ashe, Project Design Editor

e hole saw is a simple, inexpensive
achment that allows you to cut circles
uniform diameter quickly and accu-
ely. You just fasten the hole saw to
ur electric hand drill or drill press.
e've shown only a few of the varied
jects you can make with this attach-
ent. As you work with it, you'll dis-
ver many more possibilities.



ketch above shows the most durable
e of hole saw—the quality is worth
extra expense. The "bells," or saw
des, come in various diameters. A
ndrel holds bells and drill bit.



his type is best for light work since
blades have a shorter life. Several
blades come with the unit, from
2½ inches in diameter. You simply
ove unnecessary blades.

dboard requires ¾-inch plywood as
e as bed and 3 feet high, 1x2s and
riping brush. Draw on the design
determine the centers of the holes.
out 1½-inch- and 2½-inch-diameter
s with a hole saw. Be sure to have
p lumber beneath the plywood.
nnect the holes, using a saber saw
eyhole saw. Fasten 1x2s to each
of the headboard. After priming,
h with bright enamel and paint on
orative lines. Attach headboard to
al bed frame.

n requires ¼-inch hardboard, ¾-
pine and ¼-inch dowels. The en-
has two pairs of 1-inch-diameter
els and a pair of 1½-inch-diameter
els. Axles are ¼-inch dowels. The
is made from 1¼-inch-diameter
es of pine glued together. The
kestack is a dowel and two circles of
hardboard (1 inch and 1¼ inch). The
cab is pine with a hardboard roof.

The platforms for the engine and cars
are 2-inch-wide strips of pine. The cars
have 1-inch-diameter wheels and bod-
ies made from ¼-inch hardboard fas-
tened together with a glue gun. Screw
eyes and hooks become couplings for
the cars. You can finish the train with a
coat of clear matte varnish.





Designer, David Ashe. Photographs: Dieter, Hopkins

First in a five-part series on new living patterns



Cluster Houses

A sensible approach to modern living

By Noel Seney, Building Editor

The next time you go shopping for a new home, you'll find that the age of ticky-tacky houses is coming to an end. Today, a new breed of house—and living environment—is quietly taking shape.

In recognition of the new trends in housing, Better Homes and Gardens begins a five-part series on what these changes will mean to you. You'll see low-cost, high-quality houses, and also exciting new ideas on land planning.

One of the most progressive and promising of these new concepts is the cluster development, which marks a sharp departure from traditional patterns of land planning and architecture. Each of the cluster houses we've picked for your consideration would make an excellent buy—whether in a cluster or on your own special lot.

In cluster developments, each house retains its own individuality while making the best use of its lot. Even more important, cluster planning offers unique advantages family living: privacy when desired, generous amount green spaces, quiet streets, safe play areas for your chil and a real feeling of community spirit.

Not too long ago, cluster houses existed only on the d ing board; today, they represent a growing proportion o newest communities. Laytonia, located in Gaithersb Md., is one such development. Like its sister communi Laytonia's success rests on total planning that begins wit ingenious land arrangement of individualized lots and c mon green areas, and ends with moderately priced, h quality houses.

This kind of planning excellence supplies Laytonia wit unusual but highly functional traffic network. As show the plan above, only one main street cuts comple across the community. At various intervals, dead-end "h





Photographs: Bill Helms. Architect: Leland Allen, A.I.A. Planner: Edward Echeverria, A.I.P. Project Designer: Eugene Bishop, A.I.A. Site Engineers: Matz, Childs and Associates. Builder: Mill Creek Development, Inc. Source: Eileen Leubecker





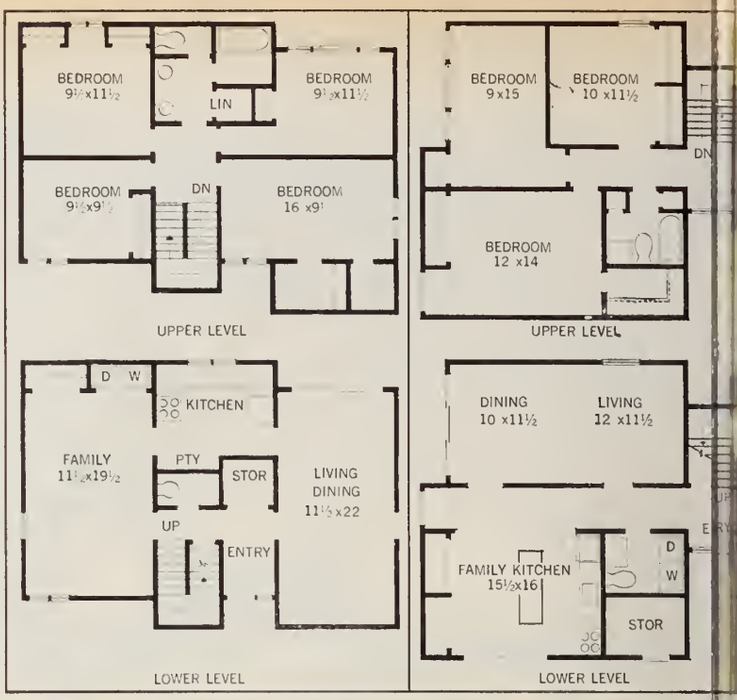
merhead" drives veer from the main artery to serve as access roads to house clusters. This imaginative traffic pattern reduces the usual number of roadways, curtails nonlocal traffic, contributes to larger green spaces and greater safety. The dead-end driveways double as safe play areas for children.

Houses are clustered together to create open spaces, but are shielded from one another by carport/privacy screens, strategic house placement and landscaped divides. Yet with all this, the cluster plan still permits as many houses per acre as does the average housing development, and the owner of each house shares in the legal possession of the open landscaped areas.

This thoughtful use of our dwindling land supply will promote an environment where more families can enjoy modern living in a country setting. Laytonia, and similar towns, mark a successful start to that hopeful end.

Continued





Cluster Houses

Two that can go anywhere

List the three qualities you want most in a new house, and chances are that you'll find them all in one of these two houses. Whether or not you build it in a new cluster development, you'll get the best in contemporary living at an affordable price.

The four-bedroom house on this page steps off with a unique blend of personality, privacy, and good planning.

Geometrical patterns, dressed in pastel colors, give a sharp, contemporary flair to the front of the house. Flanking wall projections create a recessed look around the main entry, while a pocket planting bed adds a colorful footnote to the architectural geometry. Privacy? It's guaranteed with the rear-oriented living room. Instead of facing a typical street view, you enjoy the unique pleasures of your own backyard landscaping.

Planning pays off handsomely throughout the 1581-square-foot interior. Each bedroom on the upper level has an outdoor view, maximum privacy from adjoining rooms and a spacious









)set arrangement. The center hall surrenders space to allow · larger bedrooms. In the bathroom, strategic partitioning ows more than one person to use the various facilities at e same time.

Downstairs, the kitchen is conveniently located to serve th the living and dining rooms. A combination laundry and rage area is concealed along a family room wall. And if ur space needs require a basement, the entry closet can converted into a service stairway.

For the smaller family, this three-bedroom house combines made-to-order features: informal floor plan, inexpensive price and an inviting design.

nformality establishes itself with an unusual family-room chen. The breakfast bar divides the room into two sec-ns; while Mom prepares meals in the kitchen, she can keep eye on the children in the carpeted play area. When the ather is bad and the youngsters still want to play out-rs, they can use the sheltered carport.

Thrifty use of space is apparent throughout the house. On the first floor, the half-bath becomes a double-function room by sharing space with a washer and dryer. Three outdoor exits (in dining room, kitchen and main entry) contribute to the open, airy feeling of the 1476-square-foot interior. Twin linen closets in the upstairs bathroom permit double storage space for bath and bedrooms. Each parent has a spacious walk-in closet in the master bedroom. As in the previous house, the coat closet converts into a stairwell should you add a basement.

The front entry is set back along the side of the house. Small flower beds on either side of the entry walk add a warm and colorful note of welcome.

Both houses are finished with a soft-textured hardboard siding that needs little, if any, maintenance. And the pre-finished colors are "locked in" to prevent fading.

Better Homes and Gardens House Plans 4102—A or B. To order, see page 106



information, page 86



Extraordinary plants—but easy

By Hamilton Mason,
Garden Editor

These are not common garden-variety plants, but they're easy to grow nonetheless. All you need is some basic know-how and you'll do well with them. You may think of most of the examples shown as plants for warm climates, but they adapt beautifully to container growing anywhere in the country. So, why not try something different, something that will add variety to your collection and still not be a worry. Summer the plants outdoors; bring indoors for winter. They're evergreen and decorative the year around. Spectacular flowers are an added bonus on most of them.

Clivia is one of the most rewarding and least demanding plants you can have. The brilliant orange-and-yellow flowers form large heads on strong stems that don't need staking. The plant is valued for tolerating shade, which means strong or filtered light—but not black shade, and definitely not direct sun (leathery leaves burn quickly). Clivia increases itself by clusters. Don't disturb a plant until it practically breaks the container. Then, divide after flowering and expect it to skip a year before blooming again. Water well spring and summer; only lightly during winter. If you put this ideal houseplant outdoors in warm weather, be sure it's not in sun.



cess-tree (tibouchina or pleroma), t, is a stunning plant even if you t give it much attention. Left s own resources, it can sprawl essly. For a compact, medium-sized b, prune it after flowering. will occur any time from late er well into summer. The plant ms in cycles and so provides a long on of color. Individual velvety ers shatter in 36 to 48 hours, but buds in each cluster continue pen. The hairy leaves are as dsome in their way as are the royal le flowers. Old leaves turn red g edges and sometimes develop ge spots before dropping. No cause oncern—it's natural. Put plant un and water only when soil ns to dry out.

ellias, below, are so well adapted ntainer culture that they're grown that way even where they're nd hardy. The main thing to know at they need an acid soil and fertilizer (available at garden ers everywhere). Give them t light, but not sun, indoors in r and put them in the filtered cast by tree branches in summer. r when soil surface dries and



p moisture when buds show color. ve a wide choice of camellias: ose, red, white, variegated forms, , doubles, semidoubles. And the ng time varies among them. fter flowering and again two or nonths later. Glossy foliage ys attractive, so keep it y. Check undersides of leaves cally for spider mites (they form nd leaves turn a mottled gray). le hits, wash the leaves strong stream of water.





Photographs: de Gennaro. Source: Elizabeth Gilrain and Pauline Graves

Birds-nest fern, left, is a striking ornamental. The undivided fronds grow in a rosette and form a cup large enough for birds to nest in—if they have a chance. The plant grows naturally on trees—so that means sharp drainage for the roots. Use chopped tree fern and sphagnum, if available. A soil mixture should have 50 percent perlite. Water frequently. Feed with an acid fertilizer every six weeks if you want big fronds. If leaves turn brown along the edges, you're providing too much moisture—a problem to watch out for in winter. Solution? Cut down on water—and do a neat scissors job on the discolored fronds. This is truly a shade plant—for a north window indoors, under a heavy shade tree in summer. It's one of the few plants you can safely put anywhere you want away from a window. *Continued*

EXTRA-ORDINARY PLANTS — *Continued*

Staghorn fern is guaranteed to attract attention. It grows naturally on trees, so in cultivation you attach it to a ball of sphagnum on a board and hang it up. As plants increase in size, add to board backing. The basal, roundish fronds turn brown, but don't remove them—they help to protect roots and hold moisture. Pendent, forked fronds eventually yellow and fall—to make room for new growth. When plants get too large, simply cut out small plants (known as "pups") with a sharp knife, back each one with a ball of sphagnum, and tie to a board until roots take hold. (You can grow a small plant in a pot for a while, but eventually the basal fronds cover the top of the pot and thorough watering is a problem.) Hang ferns away from direct sun, indoors or out. To water indoors, hang in shower twice a week and leave until dripping stops. Apply liquid fertilizer in spring.



Bougainvillea, below, scares some people off. They've heard it's tricky and temperamental. Not so. We've known of specimens that have been grown and flowered indoors in Iowa for years. You must have a bright sunny window for bougainvillea in winter. And you must avoid high-nitrogen fertilizer, which produces vegetative growth at the expense of bloom. Plants can bloom most anytime, but put on their best show in spring and early



summer. To keep bougainvillea within bounds, prune after flowering and nip back overlong new shoots whenever they appear. Variety Afterglow is shown, but you may prefer one of the many reds or purples that are available.

Chinese, or tropical, hibiscus, right, has smaller flowers than the hardy perennial form, but they're produced in abundance from spring through summer. Then, too, the plant is evergreen and makes a handsome addition to an indoor plant collection. This is the commonly cultivated variety, Brilliant, but you can also find a wide range of varieties in pink, yellow, orange and white—singles or doubles. Hibiscus is a large plant, but you can keep it to the size you want by pruning after flowering ends in late summer or early fall. Grow in acid soil and feed in early spring and midsummer with an acid fertilizer. Water only when soil starts to dry out on the surface. Overwatering is one of the main causes of bud drop. Most hibiscus are easy to propagate. Just take four-inch tip cuttings of semihardwood and insert in coarse builder's sand or 50-50 peat and perlite. Keep medium moist.



Agapanthus, is the common as well as botanical name of this blue beauty, left. You can also call it lily-of-the-Nile, though it's really from South Africa. This is a tough plant for sun, and it flowers best when its fleshy roots are well confined. Peter Pan, a dwarf, is more suitable for containers than the three-foot giant varieties. Divide, as you would daylilies, but only when clusters are pushing the sides of the containers—and do it after flowering. Plants produce seed in profusion, and you can grow new ones this way—if you're willing to wait three or four years for them to flower. Agapanthus isn't fussy about soil. You should water well when plants are in flower, but if you don't get around to them regularly, you'll find them quite drought resistant.



OVEN MEALS
that won't bruise the budget



Menu
Old-fashioned Beef Pot Roast*
Whole Wheat and Rye Rolls
Butter or Margarine
Fruit Shortcake
Coffee
Milk

For a meat course that tastes expensive but isn't, select a full-flavored pot roast. Our **Old-fashioned Beef Pot Roast** includes the traditional cook-alongs: onions, carrots and potatoes with a band of "jacket" left on. Here the savory gravy is seasoned with marjoram, thyme, basil and a little red wine. To make your pot roast dinner picture-perfect, remove meat and vegetables to a serving platter, thicken the juices and pour some over. Complete this thrifty oven meal with rye or whole wheat rolls and a shortcake, made the easy way with inexpensive refrigerated biscuits and your favorite canned fruit or preserves. *(*Recipes on page 78.*)

By Doris Eby, Food Editor, and Joan McCloskey, Associate

Rising food costs don't mean you have to live on skimpy meals or uninteresting casseroles seven nights a week. Take a look at these six scrumptious oven meals for your family. They're all dollar-smart, yet hearty with family-size servings for all. Besides conserving food dollars, each meal conserves your time and energy—main dish and accompaniment bake in the oven at the same time and temperature. Choose simple salads, ready-to-serve breads and favorite desserts to fill out the menu.



Photographs: Maselli

Menu
Savory Southern Chicken Pies*
Tossed Green Salad
French Dressing
Chocolate Cake with Broiled Coconut Frosting
Coffee
Milk

These **Savory Southern Chicken Pies** are as special as Southern hospitality. Tender bits of chicken, browned pork sausage, peas and a smooth seasoned gravy simmer in individual casseroles. For a flaky topper, we've added pastry wheels spiced with celery seed. Buy a whole broiler-fryer to make the most of your meat budget. You should get two cups diced, cooked meat from one chicken. To complete this hearty meal, add a green salad and your favorite dressing. Bake the cake before supper, frost it while it's still warm and pop under the broiler just as you finish clearing the main course dishes.

*(*Recipes on page 78.*)*



Menu
Orange Pork Steaks*
Broccoli-Cheese Casserole*
Buttered Hot Corn Bread
Cherry-Pear Compote
Coffee
Milk

Million-dollar appeal from thrifty ingredients is what this hearty oven meal is all about. Pork steaks, always a good buy, and fresh sweet potatoes bake in spiced orange juice for 45 minutes. While the **Orange Pork Steaks** are bubbling in the oven, prepare **Broccoli-Cheese Casserole**—a simple mixture of chopped broccoli, cheese soup and seasonings with a crunchy crumb topper. When it's time to uncover the pork steaks, pop the broccoli into the oven so both dishes are table-ready at the same time. Complete this budget-stretching meal with a quick hot bread and warm fruit dessert.

*(*Recipes on page 78.*)



Buying information, page 86

Menu
Lima Stew with Meatballs*
Salted Bread Sticks
Softened Butter or Margarine
Spicy Bread Pudding
Coffee
Milk

Tantalize your family with the savory aroma of **Lima Stew with Meatballs** bubbling in the oven. This no-watch stew is a meal in itself with its potpourri of economy ingredients. Into a vegetable stew base go bite-size meatballs that you add the last 45 minutes of baking time. No need to brown them in another skillet first; they bake right in the stew. Buy or make your own bread sticks to complete the main course. About 15 minutes before the family sits down to this unbeatable meal, run the pudding into the oven so it will be piping hot and fresh by the time you finish your second helping of stew.

**(Recipes on page 78.)*



Menu
Cheesy Meat Loaf*
Golden Potato Bake*
Vegetable Relishes
Brown and Serve Rolls
Spiced Apple Upside-Down Cake
Coffee
Milk

You don't need a computer to discover ground meats are great for economy and versatility. Nuggets of cheese dot our **Cheesy Meat Loaf** and bubble out of the crust. Serve it with **Golden Potato Bake,** a tasty combination of mashed potatoes and carrot that bakes at the same time and temperature as the meat loaf. To add crunch to the meal, serve an assortment of relishes: celery sticks (they're prettier with the leaves left on), green pepper strips and carrot sticks. Try spiced apple rings instead of pineapple in your favorite upside-down cake recipe, and watch your family go for the flavor switch.

*(*Recipes on page 78.*)



Menu
Fruited Chicken*
Oven-baked Rice*
Cabbage Slaw
Gingerbread with
Lemon Sauce
Coffee
Milk

Who said economical meals have to be dull and bland? Take a look at this bountiful platter of **Fruited Chicken.** It's a flavorful way to make the most of your food dollar. Start with two tender broiler-fryers you purchase whole—they're less expensive this way—and cut into serving-sized pieces. Shake the chicken in seasoned flour, brown in butter or margarine and sauce with pineapple juice, soy sauce and pineapple tidbits. For a change of pace from potatoes and gravy, you might do as we did: oven-bake a casserole of rice right along with the chicken and serve the sauce over both chicken and rice.

*(*Recipes on page 78.*)

Oven meals Begins on page 72

Cherry Devilicious Cake

1 package 2-layer-size red devils food cake mix
1 8-ounce package cream cheese, softened
2 tablespoons sugar
2 tablespoons milk
1 package whipped topping mix
1 16-ounce can (2 cups) dark sweet cherries
2 tablespoons cornstarch
2 tablespoons sugar
¼ cup water
¼ cup burgundy

Prepare devils food cake mix according to package directions; pour into well-greased 10-inch fluted tube pan. Bake in 350° oven for 45 minutes or till cake tests done. Cool in pan 10 minutes; remove to cooling rack. In mixing bowl, beat together cream cheese, the first 2 tablespoons sugar and the milk till fluffy. Prepare topping mix according to package directions; fold into cream cheese mixture. Chill. Drain cherries, reserving syrup. In small saucepan, combine cornstarch and the remaining sugar, mixing well. Gradually stir in cherry syrup and water. Cook and stir over medium heat till thickened and bubbly. Stir in cherries; heat through. Remove from heat; stir in burgundy. Spoon cheese mixture into center of cake. Top with some of the warm cherry sauce. Slice cake; pass additional cherry sauce.

Old-fashioned Beef Pot Roast

4-pound beef chuck roast
2 tablespoons all-purpose flour
1 tablespoon cooking oil
2 teaspoons salt
½ teaspoon dried marjoram, crushed
¼ teaspoon dried thyme, crushed
¼ teaspoon dried basil, crushed
¼ teaspoon pepper
½ onion, sliced
½ cup water
½ cup dry red wine
3 medium onions, cut in sixths
1 pound carrots, pared and cut in chunks
1 pound (about 8) small potatoes, pared
½ cup water
½ teaspoon salt

Sprinkle roast lightly with flour; rub in. In Dutch oven, brown meat slowly on all sides in hot oil. Season with the 2 teaspoons salt, the marjoram, thyme, basil and pepper. Add sliced onion, the ½ cup water and the wine. Cover and roast in 350° oven for 2 hours. Add vegetables and remaining water; sprinkle vegetables with the ½ teaspoon salt. Cover; continue cooking for 1 to 1½ hours more or till meat and vegetables are tender. Remove to platter. Skim fat from pan juices. Add water to juices to make 1½ cups. In shaker, combine ½ cup cold water and 4 tablespoons flour; shake well. Stir into juices; cook, stirring constantly, till gravy bubbles. Season with a little salt and pepper. Simmer 2 to 3 minutes, stirring occasionally. Pass gravy. Makes 6 to 8 servings.

Savory Southern Chicken Pies

8 ounces bulk pork sausage
4 tablespoons butter or margarine
⅓ cup all-purpose flour
¼ teaspoon salt
⅛ teaspoon pepper
1 13¾-ounce can (1¾ cups) chicken broth
⅔ cup milk
2 cups cubed cooked chicken
1 10-ounce package frozen peas, thawed
1 recipe Savory Pastry

In saucepan, brown sausage; drain on paper toweling. Pour out fat. In same saucepan, melt butter or margarine. Blend in flour, salt and pepper. Stir in chicken broth and milk. Cook and stir till thickened and bubbly; cook 1 minute more. Add chicken, sausage and peas; heat through. Divide among six 1-cup casseroles. Top with **Savory Pastry:** Combine 1 cup sifted all-purpose flour, 1 teaspoon celery seed, ½ teaspoon salt and ½ teaspoon paprika; cut in ⅓ cup shortening. Sprinkle with 2 tablespoons water, 1 tablespoon at a time, mixing with fork till all flour is moistened and dough clings together. Gather dough together; press into ball. Roll ⅛ inch thick on lightly floured surface. Cut into 6 circles the size of each casserole. Cut slits near center of each circle; place one circle on each casserole. Place casseroles on baking sheet. Bake in 425° oven for 25 to 30 minutes. Makes 6 servings.

Orange Pork Steaks

6 blade or arm bone pork steaks (2½ pounds)
4 medium sweet potatoes, peeled and cut in ½-inch-thick slices
2 medium oranges
½ cup brown sugar
⅛ teaspoon salt
Dash ground cinnamon
Dash ground nutmeg

Trim excess fat from steaks. In skillet, cook trimmings till about 1 tablespoon fat accumulates. Remove trimmings. Cook steaks slowly just till browned; season with a little salt. In 13½x8¾x1¾-inch baking dish arrange potatoes. Slice one of the oranges thinly; place atop potatoes. Cover with steaks. Squeeze the other orange, adding water to juice to measure ½ cup. Combine orange juice, brown sugar, salt and spices. Pour over steaks. Bake, covered, in 350° oven for 45 minutes. Uncover; bake 30 minutes more. Makes 6 servings.

Broccoli Cheese Casserole

2 10-ounce packages frozen chopped broccoli
1 can condensed cheese soup
¼ cup milk
¼ teaspoon salt
Dash pepper
½ cup coarsely crumbled saltine crackers (12 crackers)
1 tablespoon butter or margarine, melted

Cook broccoli according to package directions; drain well. Place in 1-quart casserole. Blend together soup, milk, salt and pepper. Stir into broccoli. Combine crumbs and butter or margarine; sprinkle atop casserole. Bake in 350° oven for 30 minutes or till heated through. Makes 6 servings.

Lima Stew with Meatballs

1 cup large dry lima beans
4½ cups water
¼ cup all-purpose flour
½ cup cold water
1 8-ounce can (1 cup) tomatoes, cut up
1 cup sliced celery
1 cup sliced carrot
½ cup chopped onion
1 bay leaf
2 teaspoons salt
¼ cup fine dry bread crumbs
½ teaspoon salt
¼ cup milk
¼ teaspoon worcestershire sauce
1 pound lean ground beef

Rinse beans. Place in Dutch oven; add the 4½ cups water and boil 2 minutes. Cover; let stand 1 hour (or soak beans overnight without cooking). Do not drain. Combine flour and the cold water. Stir into beans; cook till thickened and bubbly. Add vegetables, bay leaf and the 2 teaspoons salt. Bring to boiling. Cover and bake in 375° oven for 1½ hours, stirring occasionally. Meanwhile, combine bread crumbs and remaining salt, the milk and worcestershire; mix into ground beef. Shape into small meatballs; add to stew. Cover; continue baking 45 minutes. Remove bay leaf. Makes 6 servings.

Cheesy Meat Loaf

½ cup chopped onion
¼ cup chopped green pepper
1 8-ounce can (1 cup) tomato sauce
2 beaten eggs
4 ounces (1 cup) diced process American cheese
1 cup soft bread crumbs (1¼ slices bread)
1 teaspoon salt
Dash pepper
¼ teaspoon dried thyme, crushed
1½ pounds ground beef
½ pound ground pork

Cook onion and green pepper in boiling water till tender; drain. Stir in tomato sauce, eggs, cheese, bread crumbs, salt, pepper and thyme. Add ground meats, mixing well. Shape into loaf in baking dish. Bake in 350° oven for 1½ hours. Makes 8 to 10 servings.

Golden Potato Bake

2 pounds potatoes (about 6 medium potatoes)
1 16-ounce can diced carrots, drained
Hot milk
2 tablespoons butter or margarine, softened

Pare potatoes. Cook in boiling salted water till tender; drain. Add carrots. Mash with mixer using lowest speed. Gradually add enough milk to make light. Stir in butter or margarine and a little salt and pepper. Turn into 2-quart casserole. Dot with additional softened butter. Bake in 350° oven for 25 minutes. Makes 8 servings.

Fruited Chicken

¾ cup sifted all-purpose flour
¼ teaspoon salt
¼ teaspoon celery salt
¼ teaspoon garlic salt
¼ teaspoon ground nutmeg
2 broiler-fryers (2½ to 3 pounds each), cut up
½ cup butter or margarine
1 20-ounce can pineapple tidbits
3 tablespoons all-purpose flour
1 tablespoon sugar
⅛ cup soy sauce

In plastic or paper bag, mix the ¾ cup flour, the salt, celery salt, garlic salt and nutmeg. Shake chicken pieces, a few at a time, in flour mixture till coated. In large skillet, melt butter or margarine. Brown chicken on all sides. Place chicken in 13½x8¾x1¾-inch baking dish. Drain pineapple, reserving 1 cup syrup. Sprinkle pineapple over chicken. Stir the 3 tablespoons flour and the sugar into butter remaining in skillet. Add reserved pineapple syrup and soy sauce; cook and stir till mixture thickens and bubbles. Spoon evenly over chicken and pineapple. Cover and bake in 350° oven for 1 hour. Makes 6 to 8 servings.

Oven-baked Rice

Toast 1 cup long-grain rice in skillet over medium heat, shaking often, about 20 minutes. Turn into 1-quart casserole; add 2½ cups hot water and ¼ teaspoon salt, stirring to separate. Cover and bake in 350° oven for 1 hour or till rice is tender. Makes 6 servings.

3 ways o Campbell Up a sandwich

r an M'm! M'm! Good! lunch.



Launch a lunch with Campbell's Tomato Soup made with milk and a Tuna Torpedo...just load a frankfurter roll with tuna salad.

Two All-American favorites team up for lunch... Campbell's Vegetable Soup and a ham and cheese on a hard roll.

Say cheese! And make lunch Campbell's Chicken Noodle Soup with a Swiss cheese, tomato and lettuce sandwich on pumpernickel.



M'm! M'm! Good!



Macrame

Begins on page 60

Materials needed:

Working surface—may be a pillow, padded board, foam, cardboard box—anything that will take pins easily. It should be a little wider than the design you plan to make. If you try a large design, use a dowel or other rod to suspend the work.

Pins—can be T-pins, push pins, or round-headed pins, to hold knotting on work surface.

Rubber bands—to hold cords in bundles while working.

Fabric dye (optional)

Twine—can be cord, twine, yarn, jute, line. Available in most hardware, grocery, variety, and department

How to figure cord leng

First decide on the len the finished design. The should be three and o to four times that length double that amount (si cords are folded in half tied to your rod or h line) and you will have t rect length of each cord.

Outer cords, which become the knot-beari holding cords, should b as long as the others. If cords are 12 feet long, t cords should be 24 feet.

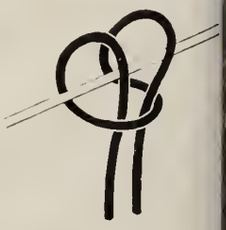
The holding line (on all cords are fastened) be about six inches longe the finished width of the To keep cords from slidi make a small knot at ea of the line. Place a pin t each knot to hold to the ing surface. If you use a instead of a holding line it two to six inches longe the width of the design.

Certain types of kn quire more than the usu length. The diagonal half hitch is one. Vertic ble half hitches require t much cord as horizontal half hitches. When in add extra length so you sure to have enough t plete your design.

The basic knots

Larkshead

This knot is used for mo cords on the holding lin the cord in half, then br top of the loop down o cords to form two loops the new loops back s touch each other. Slide o holding line and tighten.



larkshead

Half knot

Create this from four that have been looped the holding line. The t ter or "filler" cords sho main stationary while yo the outer cords around Secure the filler cords wi or tape while working. bend the right outer co the filler cords. Bend t outer cord over the rig under the filler cords, a over the right cord. A s

Co

DON'T SCRIMP ON THE FLAVOR

Go ahead and save on food where it makes sense, but when it comes to the tomato sauce don't cut corners. That's where the flavor is. Use Hunt's. It's the best and the best always makes a difference.



Macrame *Continued*

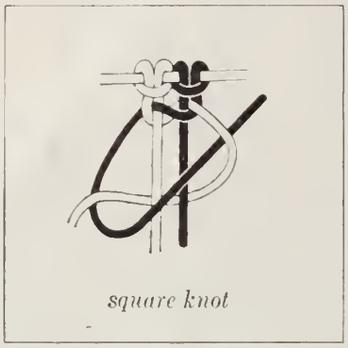


half knot

"sinnet" of half knots results in a twisting spiral design.

Square knot

This is made in two steps. The first is a half knot as previously described. Then bend the right outer cord *under* the filler cords. Bend the left outer cord *under* the right cord, *over* the filler cords and *under* the right cord.



square knot

Alternating square knots

These also require groups of four cords to complete. Make a row of square knots (four or more) but allow some extra cord space between it and the row above. To alternate, let the two far left cords remain unused while you knot the next four cords together in a square knot. The third row should look just like the first. It will include the two outer right and left cords that row two did not use.



alternating square knots

Horizontal double half hitch

Begin this knot at the right edge. Use the far right cord as the knot-bearer—you will knot all the other cords over it. While knotting, keep this cord taut and held horizontally over the other cords. Knot the next cord (second from the far right) over it, looping in a clockwise direction. Make two loops with each cord and knot firmly. When you reach the left edge, reverse the process by using the far left cord as the knot-bearer, looping in a *counterclockwise* direction.



horizontal double half hitch

Vertical double half hitch

Place a pin inside the far left cord. Slide that cord *under* the next one and loop around it twice in a clockwise direction.

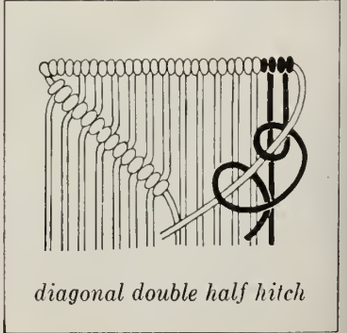


vertical double half hitch

Reverse the process when you reach the far right side by using the right outer cord to knot, looping *counterclockwise*.

Diagonal double half hitch

Divide the cords in two groups and use the far right and left cords as knot-bearers. The process is the same for both groups. Hold the knot-bearing cord taut at a 45-degree angle



diagonal double half hitch

Continued







Penthouse Pizza is a conversation maker on Park Avenue, or Main Street, with uncopyable Miracle Whip. Miracle Whip Salad Dressing is perfect just the way it is. Its lively fresh flavor comes from fresh-ground spices and a blending secret that is Kraft's alone. That's why America's favorite salad dressing makes American dishes so special. To make Penthouse Pizza: Combine 2c. buttery cracker crumbs or cornflake crumbs with ⅔ c. Parkay Margarine, melted; press into bottom and sides of greased 12-in. pizza pan. Bake at 375°, 10 min. Chill. Combine 12 chopped hard-cooked eggs, 2 T. finely chopped onion, ½ tsp. salt and ¼ tsp. pepper with enough Miracle Whip to moisten. Spread over crust. Garnish with cucumber slices cut in half, tomato wedges and pitted ripe olives. Cover and chill until serving. Cut into wedges. 8 to 10 servings.



KRAFT
Division of **Kraftco Corporation**

The Bright Idea



Macrame *Continued*

over the cords and make double loops over it on each cord (loops go clockwise in the right group and counterclockwise in the left group). At the intersection of the cords, double-loop the left knot-bearing cord over the right cord. Continue double half hitches until the X is completed.

For information on more types of knots, see Virginia I. Harvey's excellent book *Macrame: The Art of Creative Knotting* (Reinhold Co. 1967).

Beaded room divider
See page 61

Materials: wooden handr about four feet long, color beads, weaving string, pressu sensitive fabric tape.
1. Drill 15 holes through t rail, evenly spaced. Run eight-foot length of stri through each hole and knot the top.
2. Fasten segments of string each eight-foot length. St with a few at the top and a progressively more as you re the bottom. Tape segments letting tops hang down ab six inches. Knot beads o these overlaps. If you tape sh the ends of the string, it will easier to thread the beads on Remove tape when the be are knotted in place. Also k beads to the ends of the eig foot lengths.

We left the string its natu color and added colored bea but you may wish to try oth combinations. The string c be dyed any color you like suit your decorating nee Bright colored string with da beads would be handsome— dark string with white beads.

Free-form hanging
Materials: two ⅜-inch bra curtain rods or ¾-inch wood dowels, rubber bands, wh glue, 30# weight carpente chalk thread—ten balls of 5 feet needed (also known mason line or seine twine).
1. Fold sixty-two cords (feet long) in half and fast over rod with larkshead kno
2. Pull the far right cord ho zontally across the other co and hold taut. Then make row of horizontal double h hitches over it.

For the next several inches the hanging, this same type knot is used, but not strai across. Only portions of t cords are used, some in diag als and some in curves. Oc sionally leave spaces where t cords are open and pull so cords across or twist th around into a series of h hitches. Use rubber bands hold aside lengths of cord th you are not working on.

Remember, this hanging free-form and you should i provise as you go along. The is no "right" way to complete
3. The vertical flat braids whi appear intermittently in the sign are a series of double h hitches. Hold one or more v tical cords taut and alternat loop double half hitches arou them.
4. The twisted braids are simp half hitch series. As you kn the series will naturally twi
5. Loop all of the cords arou the bottom rod. Then add thr rows of alternating squa knots. Trim off fringe at botto as evenly as possible.

-tone wall hanging

erials: two 1¼-inch wooden els cut in 19½-inch and ½-inch lengths, two wooden bs (finials) to fit ends of est dowel, one ⅜-inch el 17½ inches long, fuchsia orange dye, orange paint, -inch pulley cord (woven ed style).

ral part of hanging requires: ieces of cord 45 feet long d orange), 14 pieces of cord eet long (dyed fuchsia), 2 es of cord 71 feet long d fuchsia).

onal tassels require: 43 total of orange cord for the top, otal feet of orange cord for bottom, 85 total feet of sia cord for the bottom.

nal hanging cord requires: pieces of orange cord 161 s long, two pieces of orange 80 *inches* long.

nished length of the design feet.

e cord according to in- tions on package.

sten knobs to long rod glue. Paint knobs and rod ge and let dry.

e longest rod serves as a ng rod for the entire de- Fold the cords and fas- nem to rod with larkshead Alternate the colors, each eight cord lengths apiece strands that have been l over). There should be groups of fuchsia and groups of orange. The cords should be 43½ ng.

1-6: work each group of ords into square knot sin-

7-10: horizontal double itches, using the right out- d as the knot-bearer.

11-15: alternating square in groups of four cords.

16-19: horizontal double itches with the left outer as the knot-bearer.

20-23: square knot sin- f eight cords knotted over enter filler cords.

24-27: horizontal double itches with the right outer s the knot-bearer.

28-37: double alternating knots; first do two rows are knots before alternat- sition of knots.

38-41: horizontal double itches, using the left out- l as the knot-bearer.

42-51: Square knot sin- eight cords knotted over enter filler cords.

52-55: horizontal double itches, using the right cord as the knot-bearer.

56-70: Triple alternating knots (three rows of knots tied in a pattern alternating the position knot).

71-74: horizontal double ches, using the left outer cord as the knot-bearer.

Rows 75-79: alternating square knots.

Rows 80-83: horizontal double half hitches, using the right outer cord as the knot-bearer.

Rows 84-89: square knot sinnets in groups of four cords.

Rows 90-95: horizontal double half hitches, using the left outer cord as the knot-bearer.

Rows 96-99: square knot sinnets of eight cords knotted over four center filler cords.

Row 100: horizontal half hitches tied over ⅜-inch dowel rod (which acts as a holding cord).

Rows 101-102: horizontal double half hitches, using the left outer cord as the knot-bearer.

Continued on page 107



The Most Exciting
Headache News In Years...



Doctors' Tests In Treating Nervous Tension Headaches Now Made Public

Results Prove An Extra-Strength Tablet That Needs
No Prescription Just As Effective As The Expensive,
Leading Pain-Relief Prescription Of Doctors.

If you're one of the many who get tense, nervous headaches, you should find these recent medical reports of the upmost importance.

Physicians who specialize in scientific research conducted tests on 826 patients, 507 who complained of tension headaches. The results proved that an extra-strength tablet that needs no prescription *(Anacin)* is every bit as effective to *completely* relieve nervous headaches as the expensive, leading prescription of doctors. Additional tests made by other doctors verified beyond a doubt that Anacin gives the same *complete* headache relief as the pain-reliever so powerful it needs a doctor's prescription.

After taking Anacin, headache pain disappears in minutes so its nervous tension and pressure on nerves vanish, too. Despite its strength, Anacin is not narcotic. Not habit-forming. You can take Anacin without getting dizzy or an upset stomach. Millions of headache sufferers must consider Anacin superior because it's America's largest selling analgesic.

To obtain *complete* relief from pain of a tension headache—it makes good sense to take Anacin® Tablets. You get the same powerful, fast-acting headache relief as the leading prescription. Yet Anacin needs no prescription and is far more economical.

Buying guide

Most of the products shown editorially in Better Homes and Gardens can be obtained in leading local stores. For more information, write the manufacturers listed. Some items are privately owned or custom made—thus are omitted from the produet listing.

Cover

White pedestal cake plate—Mottahedeh Creations, Ltd., 225 Fifth Avenue, NYC 10018. Saucer—Oxford Bone China, Trenton, N. J. 08605. Fondue pot—Invento Products Corp., 39-25 Skillman Ave., Long Island City, N.Y. 11104.

Big effects in small space

Page 48 (top): Dining table dish holding oranges and red dishes on etageres—Beylerian Ltd., 253 Fifth Ave., NYC 10016. Four chairs—Brookfield Furniture, High Point, No. Car. 27200. Etageres (chromed steel with smoked glass)—Thorco, Brooklyn, N.Y. 11200. Ceiling fixture—Cadillac Plastics and Chemical Co., Detroit, Mich. 48203. Vases (top of etagere)—Sutton, So. Plainfield, N.J. 07080.
Page 48 (bottom): Bedspread fabric—Stockwell East, 979 Third Ave., NYC 10022. Plastic headboard and two tables—New Visions Displays, 155 E. 23rd St., NYC 10010. Lamps—Tyndale, 230 Fifth Ave., NYC 10001.
Page 49: Blow-up chairs—Vandor Imports, San Francisco, Calif. 94100. Table—Contemporary Designs, The Cannery, San Francisco, Calif. 94100.
Page 50 (left): Bordered red area rug—Bigelow-Sanford Carpet, 140 Madison, NYC 10016. Bamboo styled benches—American of Martinsville, Martinsville, Va. 24112. Bench fabric—Kent Bragaline, 2735 Jackson Square, Long Island, N.Y. 11101. Light fixtures—Habitat, 341 E. 62nd, NYC 10021.
Page 50 (right): Contemporary glass units—Pittsburgh Corning Corp., One Gateway Center, Pittsburgh, Pa. 15222. Globe—Replogle Globes, 1901 N. Narragansett, Chicago, Ill. 60639. Chair and table—Thayer Coggin, Inc., High Point, No. Car. 27200.
Page 51 (top): Patterned fabric—Clarence House, 40 E. 57th, NYC 10022. Brown velvet—S. M. Hexter, 979 Third Ave., NYC 10022. Paintings—Karl Mann Assoc., 232 E. 59th, NYC 10022. Area carpet—Harmony Carpet, 979 Third, NYC 10022. Coffee table (living room)—John Mascheroni Furniture, 979 Third, NYC 10022. Parsons table—Woodmere Woodworking, Woodmere, Long Island, N.Y. 11100.
Page 51 (bottom): Fabric in divider/spread—F. Schumacher & Co., 979 Third, NYC 10022. Desk, desk chair, stools, and bed table—Founders Furniture, Pleasant Garden, No. Car. 27313. Table lamp and pedestal stand—Wilmar Co., Inc./M.G., Inc., 230 Fifth, NYC 10001. Rugs—Karastan Rug Mills, 295 Fifth, NYC 10016. Statue—Artisan House, Los Angeles, Calif. 90000. Picture on wall—Catalda Fine Arts, 225 Fifth Ave., NYC 10010.
Page 53 (top left): Strips of industrial copper—Chase Brass & Copper, Cincinnati, Ohio 45240. Bedspread fabric—S. M. Hexter, 979 Third, NYC 10022. Print—Artist: Robert Foose, Lexington, Ky. 40507. Light fixture—Robert Sonneman Associates, Inc., 37-50 57th St., Woodside, N.Y. 11377.
Page 53 (left bottom): Table cover (sheet)—Fieldcrest Mills, 60 W. 40th, NYC 10018.
Page 53 (right): Silver/white geometric foil—Intaglio Dwoskin, Chicago, Ill. 61600. Black lucite buffet and chrome/white kid chairs—Thayer Coggin. High Point, No. Car. 27260. Glass-top chrome trestle table—Brookfield (Div. of Hudson House), High Point, No. Car. 27200. Silver bowl—Wm. Rogers International Silver, Meriden, Conn. 06450.
Page 54 (top): Chairs (Kartel, Milan, Italy), small graphic in cube and table (by David Nichols)—Contemporary Designs, San Francisco, Calif. 94100. Display unit—Beylerian, Ltd., New York, New York. Glasses on table, napkins, and plates (Mexican Imports from Bazaar Cadadia) and butterfly in lucite (by Richard LaQuesta, Accessories, Inc.)—The Cannery, San Francisco, Calif. 94100. Graphic on wall—Amano from the Katherine Poulus Gallery, San Francisco, Calif. 94100.
Page 54 (bottom): Bench fabric—Brunswick & Fils, 979 Third, NYC 10022. Burl cubes—Knoh Creek of Morganton, Morganton, No. Car. 28655.
Page 55: Ceramic accessories—Beylerian Ltd., 253 Fifth Ave., NYC 10016.
Page 56 (top): Green fabrics—Goldman Lang, 979 Third Ave., NYC 10022. Rug—Vogue Carpet, 969 Third, NYC 10022. Table and chairs—Directional Furniture, 979 Third, NYC 10022. Buffet (custom covered by manufacturer)—Dunbar Furniture, Berne, Ind. 46711. Chandelier—Greene Bros., 1059 Third, NYC 10021.
Page 56 (bottom): Table cover—Scalamandre Silks, 977 Third, NYC 10022.
Page 57 (top): Fabric on wall—Charles Bloom, 15 E. 26th, NYC 10010. Chairs—Lane, Altavista, Va. 24517. Parsons table—Thayer-Coggin, High Point, No. Car. 27260. Lamps—Wilmar Co., Inc./M.G., Inc., 230 Fifth, NYC 10001. Circuline table—George Kovacs, 831 Madison Ave., NYC 10010. Candle holders (center of table)—Rosenthal China, 411 E. 76th, NYC 10021. Place settings—Dansk Designs, 569 Middle Neck Rd., New York, New York 10020. Sawhorse dining table—Salvadori, Italy.
Page 58 (top): Wall covering and copper supergraphic—Jack Denst Designs, Merchandise Mart, Chicago, Ill. 60654. Light fixture (ceiling)—George Kovacs, 831 Madison, NYC 10010. Refrigerator—General Electric, Bridgeport, Conn. 06610.
Page 58 (bottom): Wallpaper—F. Schumacher, 939 Third, NYC 10022. Towels—J. P. Stevens, 1460 Broadway, NYC 10036.
Page 59: Chairs—Selig, Leominster, Mass. Carpeting—Karastan Rug Mills, 295 Fifth, New York, New York. "Forest" mural—Environmental Graphics, Wayzata, Minn. Smoked, plexiglass lamp—Shop—2, 47 W. 57th, NYC 10017. Black Parsons table, white Parsons table—Thayer Coggin, High Point, No. Car. 27262. Yellow dish—Beylerian, 253 Fifth, NYC 10016.

Macrame

Page 60 (right): Small lamp in foreground—Wilmar, 311 Bruckner, NYC 10454.
Page 61 (left): Lamp—Knob Creek of Morganton, Morganton, No. Car. 28655.

The hole saw—makes the intricate easy

Page 62 (left): Umbrella stand—Jay Wilfred, 133 W. 20th, NYC 10011.
Page 62 (top right): Tumblers—Anchor Hocking Glass, Lancaster, Ohio 43130. Goblets—Morgantown Glassware, 225 Fifth, NYC 10010.
Page 22: Air compressor, Model 20, drill-operated, paint sprayer—Thomas Industries, Sheboygan, Wis. 53081. Drill (Craftsman), Angle head buffer/sander, and drill stand—Sears, Roebuck, 925 So. Homan, Chicago, Ill. 60607.

Clustered houses

Pages 64-67: Siding on houses—Masonite Corp., 29 No. Wacker Dr., Chicago, Ill. 60606.
Page 66 (middle right): Orange coffee table, orange telephone table—Moreddi, 734 Grand Ave., Ridgefield, N.J. 07657. Natural color muffin chairs—Deutsche, 196 Lexington, NYC 10016. Bicycle tea cart—B. Wood Sanders, 1240 N. Detroit St., West Hollywood, Calif. Orange floor lamp—George Kovacs, 831 Madison, NYC 10021.
Page 67 (top): Bentwood rocker and Bentwood bar stools—Thonet, 1 Park Ave., New York, New York. Draperies (Marimekko fabric "Lokki" design)—The Store, 1258 Wisconsin N.W., Washington, D.C. 20007. Stove—Hardwick, Inc., Cleveland, Tenn. 37311.

Extraordinary plants

Page 71 (top right): Yellow rattan chair—Tropi-Cal, 5731 S. Alameda, Los Angeles, Calif. 90058.
Page 71 (bottom right): White pot—Zanesville Pottery, Zanesville, Ohio 43701.

Oven meals that won't bruise the budget

Page 72: Wood salt/pepper—Mort N. Marton Corp., Ossining, N.Y. 10562. Green platter—Heath Stoneware, N. S. Gustin Co., 712 So. Olive, Los Angeles, Calif. 90014.
Page 73: Wood tray—Digsmed Designs, 225 Fifth, NYC 10010.
Page 74: Platter and gravy boat—Metlox, 527 W. Seventh, Los Angeles, Calif. 90266.
Page 75: Jug and soup tureen—Designs West, 1651—18th, Santa Monica, Calif. 90404.
Page 76: Platter and creamer—Metlox, 527 W. Seventh, Los Angeles, Calif. 90266. Casserole—Rosenthal-Netter, 225 Fifth, NYC 10010.
Page 77: Brown platter—Mikasa, 212 Fifth, NYC 10010. Salt/pepper shakers—Mort N. Marton Corp., Ossining, N.Y. 10562.


When it's
so full of juice
it gushes, when it's
easy to peel,
easy to segment,
and has no seeds,
it's the world's
great eating orange.
The Sunkist navel.
Break into one.
Come back to your senses. Sunkist.

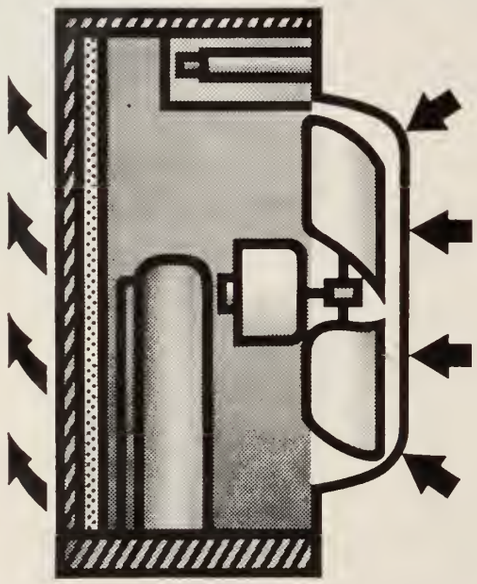
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The Great Indoors® People

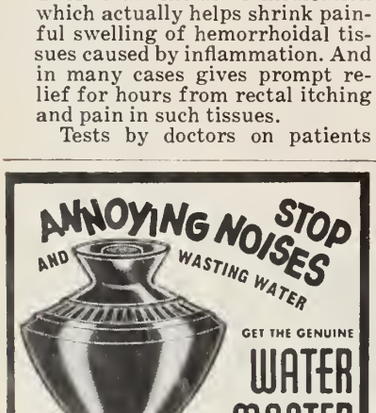
Helps Shrink Painful Swelling Of Hemorrhoidal Tissues Caused By Inflammation And Infection

Also Gives Prompt, Temporary Relief in Many Cases from Pain and Burning Itch in Such Tissues.

There's an exclusive medication which actually helps shrink painful swelling of hemorrhoidal tissues caused by inflammation. And in many cases gives prompt relief for hours from rectal itching and pain in such tissues.

Tests by doctors on patients showed while it gently relieved such pain, it also helped reduce swelling of these tissues.

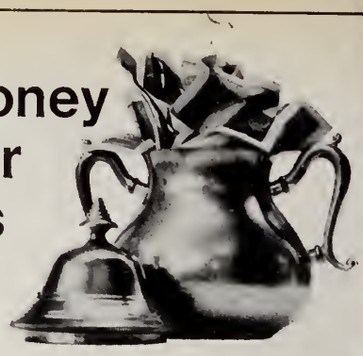
The medication used in the tests was *Preparation H®*. No prescription is needed for Preparation H. In ointment or suppository form.



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Win money for your recipes



FAST OR FANCY GROUND BEEF MAIN DISH

HERE'S YOUR CHANCE to share your ground beef recipe main dish. It may make you a prizewinner next Septer Any ground beef main dish is eligible from soup that m the whole meal to rolled and stuffed meat loaf. Ente day. Two Cooks-of-the-Month receive $50 each. Four ners-up receive $25 each, and 12 Honor Roll winners ge each. Selected winning recipes will be pictured on the Tested Recipes pages next September. All 18 winners re a framed Better Homes and Gardens Certificate of End ment and six copies of the endorsed recipe.

Hints to Help You

Fast Ground Beef Main Dishes. Do you have a speedy top-of-the-range or on-the-grill special? Maybe a packaged sauce mix, canned soup or dry soup mix is your flavor secret. Perhaps you have a great casserole. Suggestions:

individual pizza loaves
beef noodle bake
jiffy barbecued beef
vegetable beef skillet
hearty beef soup

Fancy Ground Beef Main Di Do you have a special mea with an unusual stuffin tangy glaze or fruit sauc beef-stuffed vegetable, s meatballs or meat pie ma your best. What's your fo specialty? Ideas:

beef a la wine sauce
oven beef stew
rolled rice loaf
oriental beef skillet
beef-stuffed eggplant

THIS MONTH'S WINNERS

(*See recipes on pages 91 and 92.*)

Cooks-of-the-Month

Mrs. Angela Audet, Silver Spring, Md.
Mrs. Marjorie E. Kemp, San Rafael, Calif.

Runners-up

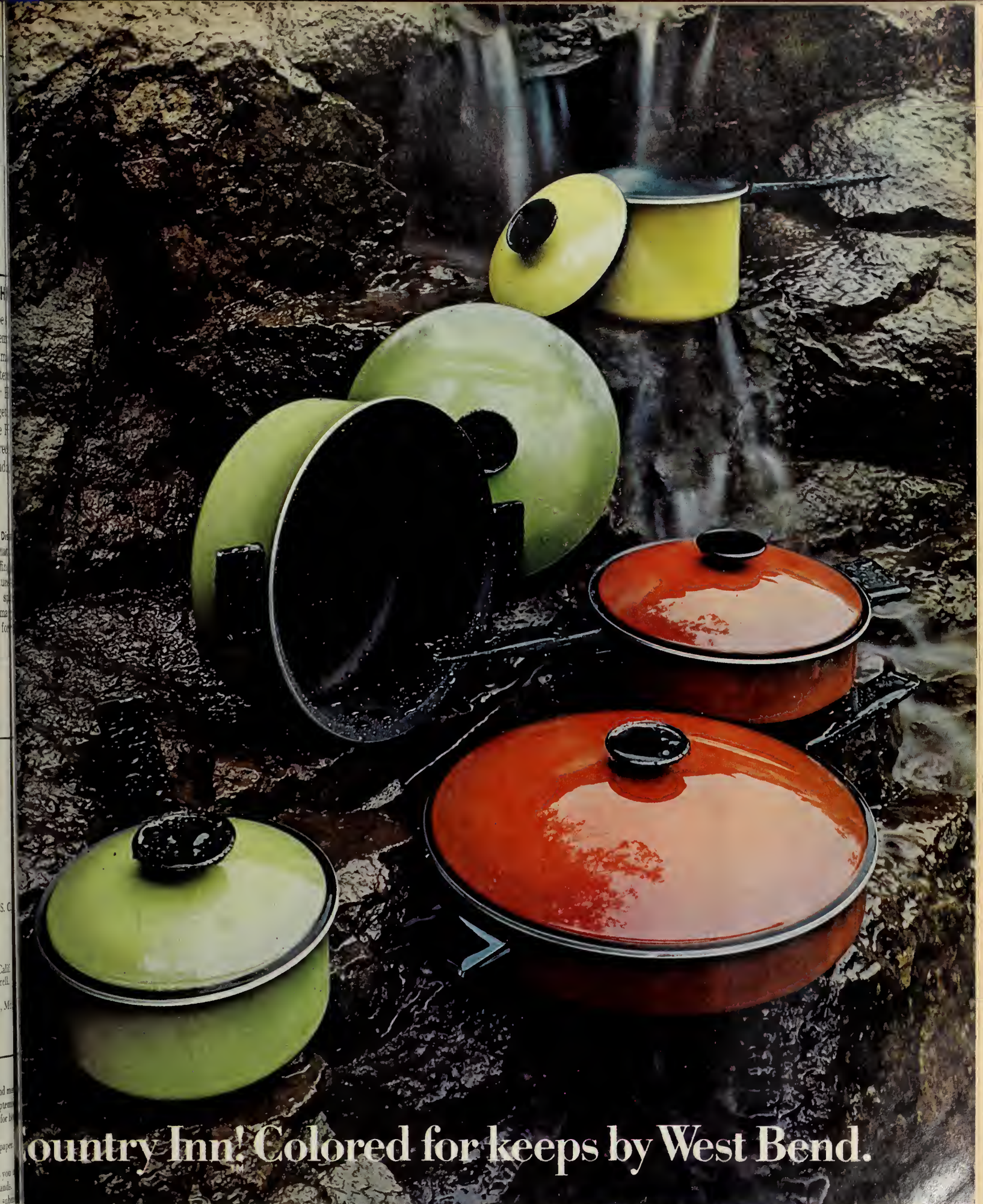
Mrs. Ralph Berger, Boulder, Colo.
Mrs. John K. Godre, Centerline, Mich.
Mrs. Marge Koval, Essex Junction, Vt.
Mrs. Ernest A. Kratz, Yankton, S. Dak.

Honor Roll

Mrs. L. A. Dade, Hopkinsville, Ky.
Mrs. Rose S. Ferrera, Sacramento, Calif.
Mrs. Stanton Fitzner, Chicago, Ill.
Mrs. Robert F. Fowler, Albany, Ga.
Mrs. Fred R. Jones, Carbondale, Pa.
Laura Kush, Lima, Ohio
Mrs. Rebecca Lane, Clio, S. C.
Mrs. Arthur E. Norha, Virginia, Minn.
Mrs. M. V. Peterson, Montgomery, Ala.
Herta Renner, Oakland, Calif.
Mrs. David Theall, Pepperell, Mass.
Meredith Wells, Rockville, Md.

Contest Rules

1. Write or type your recipe clearly on one side of the paper and ma it "September Fast Ground Beef Main Dishes" or "Septemb Fancy Ground Beef Main Dishes." If you wish, send recipes for bo categories.
2. Print your full name and address in upper right corner of paper.
3. Give measurements in *level* cups, tablespoons, teaspoons.
4. Specify brand names of the *nationally* known food products you u as ingredients so we can test your recipe with the same brands.
5. Include 50 to 100 words about the origin of the recipe you submi
6. Recipes submitted become property of Better Homes and Garden
7. Entries must be postmarked by midnight, February 28. In cas where duplicate recipes are submitted, the one with the earlie postmark will be judged. All judges' decisions will be final.
8. We reserve the right to adjust and edit winning recipes.
9. Address the recipes you enter to 7102 Test Kitchen, Better Hom and Gardens, Des Moines, Iowa 50303.



ountry Inn! Colored for keeps by West Bend.

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uine porcelain, so rich and lustrous, makes
ntry Inn cookware lastingly lovely.
it's on heavy-gauge aluminum for even heating,
West Bend's Fired-on non stick lining for
cleaning. Country Inn, the cookware that switched
rica to color. It's the cookware for keeps!

Above, front to back:
1½ qt. saucette
12″ skillet
2½ qt. saucepot/server
5 qt. Dutch oven
2½ qt. hi-boy

In addition to the pieces shown here, West Bend offers eight more matching pieces, all in a choice of mellow Avocado, golden Harvest, or spicy Paprika.

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Over 100 delightful ways to enjoy co ing with Kellogg's cereals. This unu new cookbook is yours Free for ju Kay Kellogg® Cookbook Stamps (the one above) from specially-mar packages of Kellogg's Corn Flak and/or Rice Krispies®. Start sav for your Free Cookbook today.

Kellogg's
OF BATTLE CREEK

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Cake s beautiful.

x and bake a taller, moist, fluffy Dream Cake.



Photographs: Seal

Dream Cake

- 1 package (2-layer size) yellow, white, or chocolate cake mix
- 1 envelope Dream Whip Topping Mix*
- 4 eggs
- 1 cup *cold* tap water

*Do not whip; use right from envelope.

ngredients in large bowl of electric mixer. oistened. *Beat at medium speed for 4 minutes.* greased and floured 9" layer pans, and bake) minutes. Cool for 10 minutes in ove from pans; finish cooling on cake racks. de package for other pan sizes and for irections.



EILE UNDER CASSEROLES AND ONE DISH MEALS

istered on.

Continued from page 12

tion expenses incurred in getting yourself and your dependents to the doctor—but this is subject to the three percent test.

Charitable contributions. If you've made property contributions (such as used clothing to the Goodwill), follow IRS instructions on required supporting data. Don't hesitate to claim cash contributions for door-to-door solicitations and the like. IRS also will allow you to claim six cents a mile for travel done for charitable purposes.

Deductible taxes. In many states, car license fees are considered a personal property tax. If so, they're deductible.

Your worksheet should also show the amount of state tax withheld, plus any state estimated tax payments that you made. Be sure that you add any state tax owed on your 1969 return paid in 1970 when the return was filed. And if you received a state tax refund in 1970 because you overpaid your 1969 tax, this amount should be shown as miscellaneous income, line 39, back of form 1040.

If you've added the sales tax on a new car to your sales tax deduction, indicate this on your return with a footnote. Otherwise, IRS may wonder why you claimed a sales tax deduction above their guidelines.

Be sure to furnish complete information on all deductions claimed. If the return space is not adequate, feel free to attach your own schedules. Remember, if the data you furnish is not adequate, you may face the audit man.

Computing your tax. You have three choices here:

- You can let IRS compute your tax if your income (line 18) is $20,000 or less, and your income is limited to wages, interest, dividends, annuities and pensions. See page 2 of IRS instructions for complete details, since there are some exceptions.
- You can use the IRS tax tables if you don't itemize, and your income (line 18) is under $10,000. The tax tables will show your correct tax liability.
- You can compute your own tax by filling out Part IV on the back of form 1040. If you do, just follow the line-by-line instructions, and you should have no difficulty. However, be sure to use the correct tax rate schedule for your tax status.

Next, enter your tax (figured by whatever method you used) at line 19. Then check the tax surcharge tables in IRS instructions for your tax surcharge, which goes on line 20. Your total tax is then shown at line 21.

Claiming your credits. If you are entitled to the retirement income credit or other tax credits, fill out Part V. The total credits should then be entered at line 22 and subtracted from your total tax liability (line 21). This balance should be entered at line 23. If you're subject to self-employment tax, or the other taxes listed in Part VI on the back, fill out and put the total at line 24. Finally, at line 25 you should insert your total tax liability (before credit for payments already made).

At lines 26, 27 and 28, insert your tax withheld, your 1970 estimated tax payments, and any other payments including excess F.I.C.A. tax paid. The total of these payments goes on line 29. If the total tax paid (line 29) is less than your total tax (line 25), you owe additional tax. Enter this amount at line 30, and pay in full.

When your payments (line 29) exceed your tax liability (line 25), you have overpaid your tax, and the overpayment should be entered at line 31. You can have the overpayment refunded or credited on your 1971 estimated tax.

One suggestion: These line references may seem confusing. If so, clip out this article and save it until you prepare your return.

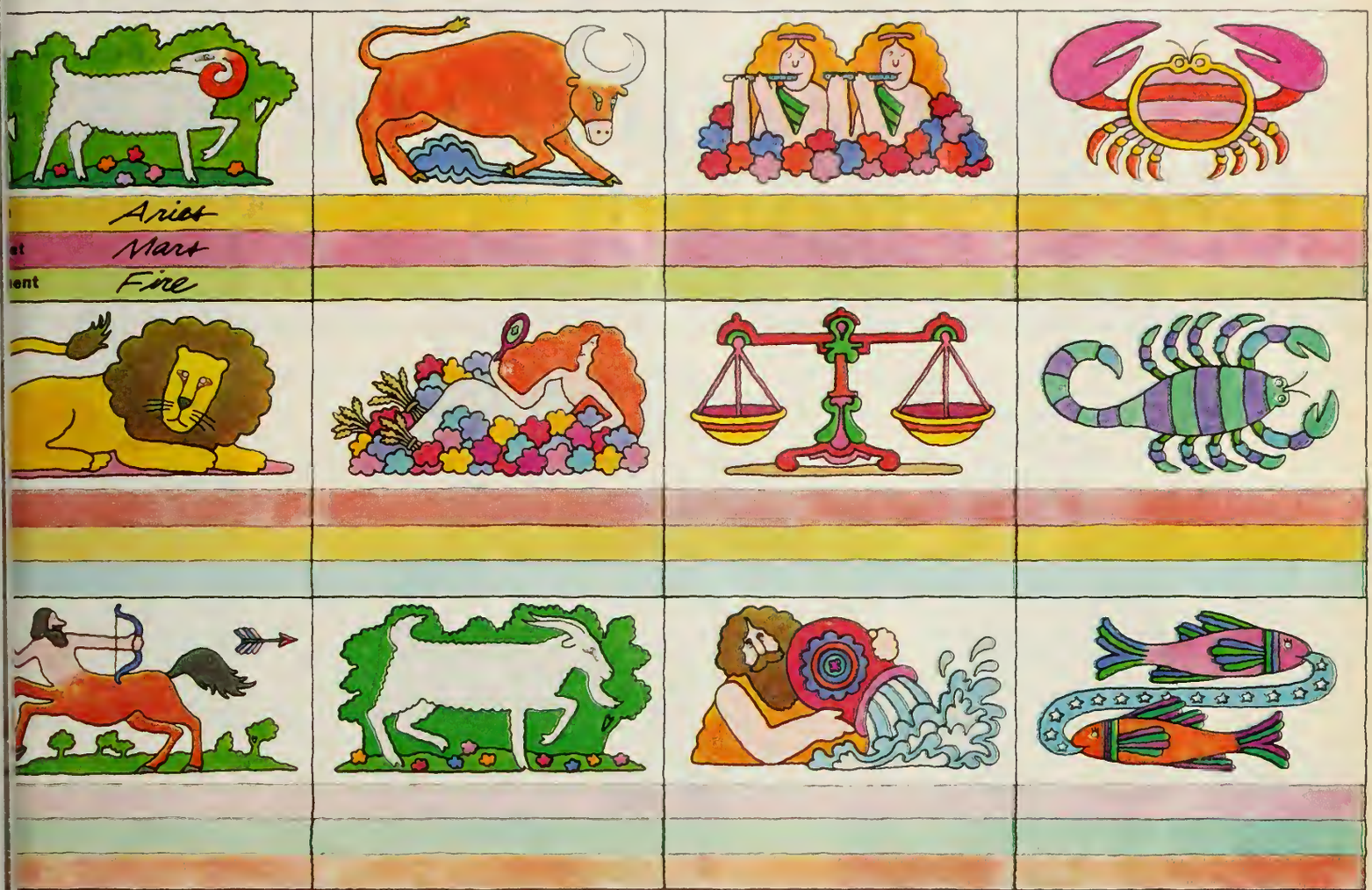
Final tax preparation steps. Ask someone to check your arithmetic, since math errors can be costly, but are avoided easily if you take this extra trouble. Now transfer your work copy figures to another return, and sign it. Note: Many professional tax return firms photocopy their work copies, and the photocopy is filed with IRS. Whenever you can, use this same technique because it saves time and reduces errors. Also, be sure to use the piggyback label attached to your IRS tax return package. Place this label only on the return you actually file. Your spouse should also sign if you are filing jointly. Check your IRS instruction booklet for the correct filing address.

Keep your worksheets, supporting data and your 1970 work copy, and keep it all in a 1970 income tax file. If you're ever audited, you will need these papers to show IRS how and why you reported the items questioned.

Finally, open a 1971 tax file now, and begin saving data you'll need next year. ■



low to win your fortune
n Folger's $100,000 Contest.



2 boxes above, are the signs of liac. All you have to do is fill in ne of the sign, and the planet ivenly body) and natural ele- ssociated with it, in the blanks ach box. We've completed the . You complete the rest. are likely. In which case, one tie (additional ones if necessary) to the type of puzzle printed on ge, will be mailed to all tied entries. To solve the puzzle e asked to connect the stated of circles, starting at any point. will be awarded, based on the lue of the circles connected.

st Prizes: $1,000 each r Astrological Portrait.



00 richer. And the proud owner very own astrological portrait $500) painted by the eminent er, artist and author Lloyd Cope.

econd Prizes: lé® Stars



If you win a second prize, you'll have your choice of an Azure Blue or Azalea Pink **Lindé® Star** mounted in either a yellow or white 14 kt. gold ring sized to fit your finger—worth $125 each.

1,000 Third Prizes: Time-Pattern Reports.®



If you win a third prize, you'll have your horoscope charted individually by an IBM computer, including your material potentialities, your health, and your 12-month projected horoscope —worth $20.00 each.

10,000 Fourth Prizes: Copies of Linda Goodman's "Sun Signs".



If you win a fourth prize, you'll receive this 550-page $7.50 hard cover Astrology best-seller, which tells you all about yourself, your mate, your boss, and your children.

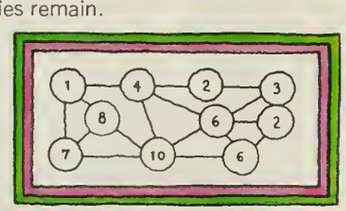
How to Enter:

This page is your entry blank.

By sending in your entry to the Folger's $100,000 Contest, you agree to abide by all the rules and regulations. Judges' decisions are final. Void where prohibited or taxed. Government regulations apply. Contest not open to employees of Procter & Gamble, its advertising agencies, The Reuben H. Donnelley Corp. or their immediate families.

With each entry, enclose the words "Folger's Coffee" cut from the plastic lid of one can of any size Folger's Coffee or Folger's Electric Perc (on Folger's Electric Perc, the words "Folger's Coffee" appear on the underside of the plastic lid.)

Enter as many times as you wish, but only one prize to a family or household. In the event of ties, only one tie breaker will be mailed to a family or household. No purchase necessary to submit tie breaker. Should ties remain after the first tie breaker, succeeding tie breakers will be required until no ties remain.



This is an example of the type of Folger's tie breaker.

Fill in your name and address in the space indicated, and send entry with proof of purchase of Folger's Coffee to: Folger's $100,000 Contest, P.O. Box 853, Hinsdale, Ill. 60521.

The Coffee Table Book of Astrology, published by Viking Press, revised 1967, will be used as a reference book for validating answers.

The Folger's $100,000 Contest is open to residents of the United States only, except the residents of the states of Me., Vt., N.H., Mass., R.I., Conn., N.Y., Pa., N.J., Md., Del., Wash., D.C., Va., N. & S. Carolina.

To obtain a list of winners, please write to Folger's $100,000 Contest, P.O. Box 855, Hinsdale, Ill. 60521 enclosing self-addressed, stamped envelope.



Entries must be postmarked no later than May 31, 1971 and received by June 12, 1971.

Folger's $100,000 Contest
P. O. Box 853
Hinsdale, Ill. 60521

NAME (Please print plainly)

ADDRESS

CITY STATE ZIP

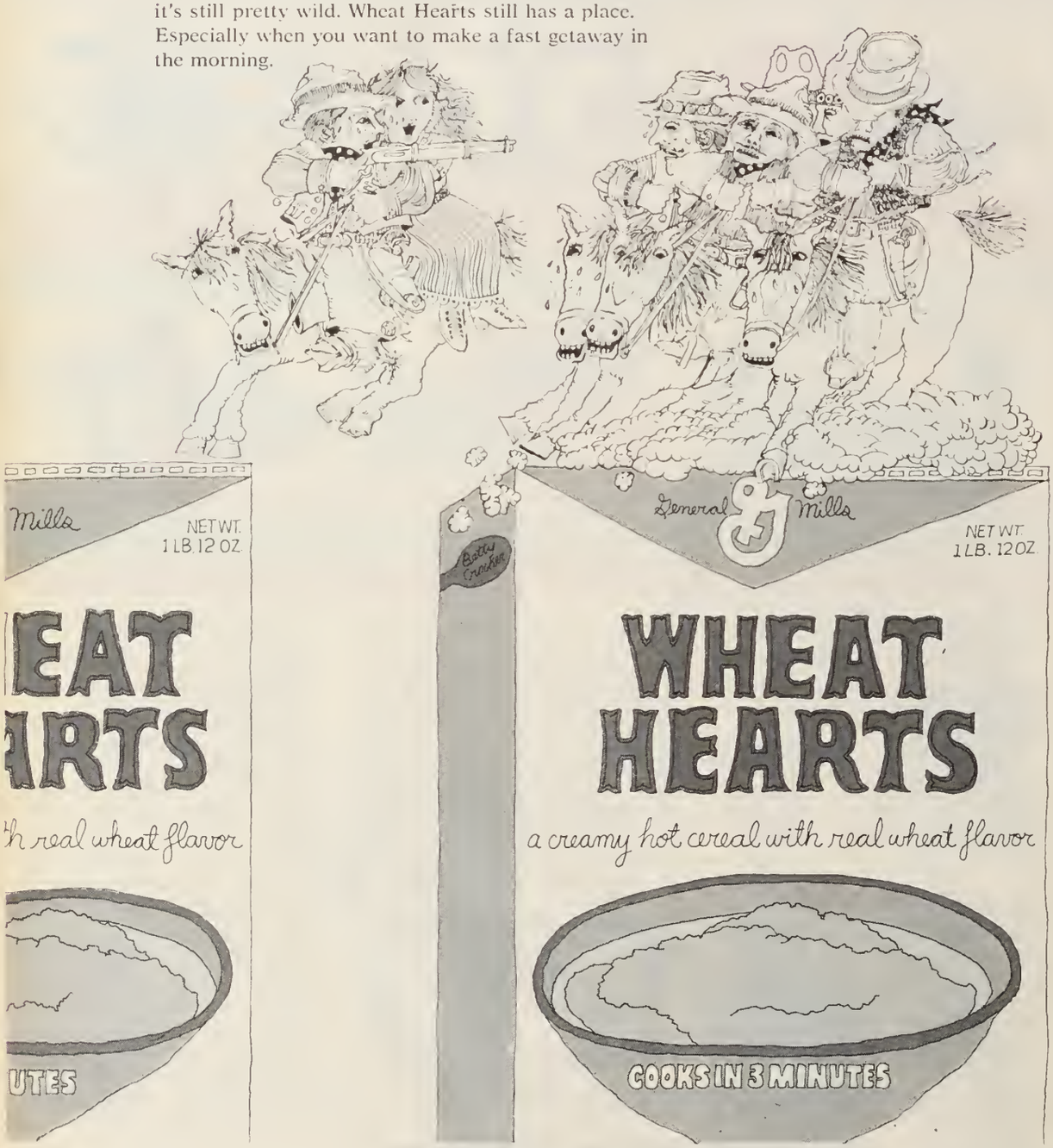
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In the old West, it took a little mush and a lot of courage to face another day.

Yes, hot mush helped sustain our pioneers when the going got rough. Hot mush like Wheat Hearts.

Trouble is, Wheat Hearts may be one of the least known mushes in the whole United States. And that's a shame. Because we think it's the best tasting mush anybody can cook up. And besides, it has all the good, old-fashioned virtues: good wheat flavor, good nutrition, good energy.

The New West isn't the Old West, but heaven knows, it's still pretty wild. Wheat Hearts still has a place. Especially when you want to make a fast getaway in the morning.



JUST SO—JUST SEW

If you like to sew, our kits can enhance your pleasure with their beauty and interest. There's crewel, needlepoint, cross-stitch, and speed-point, baby things, samplers, quilts, table linens, etc. Send 50c coin for pretty catalog. Better Homes and Gardens, P. O. Box 374, Dept. 2P0, Des Moines, Iowa 50302.

Storage shortcuts

Here's a pair of built-ins handyman in a hurry. Y forget about tedious jo mitering joints and h doors. These almost- units go together with carpentry, basic tools, minimum of sweat and s

Photograph: Reynolds. Designer: Staff



Tom Sawyer would hav proud of this family en coat and canned goods . . . the hard work was d someone else. The secr prebuilt and prefinished en cabinets. All you nee is build a simple base, st units, and then fill in th above with paneling.

Designer: Witt, Englund & Plu



With pre-hung bifolding and ¾-inch plywood, y fit all the storage a sma needs into one ordinary eliminating any need fo standing chests in the bed To make things really ea yourself, use pre-built d units that stack in place.

Campbell introduces Chunky Soup.

Soup so chunky you can almost eat it with a fork!

Don't use a spoon. We wouldn't want you to miss a drop.

Chunky Beef has chunks of beef, potatoes and carrots. You've probably never paid this much for soup before—but then you've never seen soup like this before.

Chunky Chicken has chunks of chicken, noodles and mushrooms. Chunky Soups are a main dish in a bowl. Just add some rolls and salad and you've got yourself a meal.

Chunky Vegetable has chunks of good garden vegetables—like carrots, corn, green beans and zucchini! And new Chunky Soups are already ready . . . just heat and serve.

Chunky Turkey has chunks of turkey, carrots and tomatoes. And every can of Chunky Soup gives you 2 full 9-oz. servings. Try Campbell's new Chunky Soups!



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WONDRA. YOUR SECOND FLOUR.

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How to put on a big buffet

You probably wouldn't prepare a buffet dinner for less than a dozen people, so why not make it two dozen? Yes, you *can* give that really big dinner party in *your* house! Follow these simple planning steps for a smashing buffet party.

Start with the menu and give it careful attention so you can avoid many of the common pitfalls. Unless you can provide table space for all your guests, don't serve knife-and-fork food. Meatballs, bite-size pieces of meat, or fork-tender foods are easy to handle.

Guests will manage more easily with only one plate to balance. Don't plan a molded or frozen fruit salad to go on the same plate as hot food. Tossed greens, a marinated vegetable salad, relish assortment, or a fresh fruit tray are good choices. Plan to serve bread or rolls already buttered. Above all, don't plan anything that demands your last-minute attention—no hot soufflés or medium-rare steaks!

Be sure to take your kitchen space into account at menu-planning time. An oven main course that minds itself is great but chances are you don't have enough oven space to bake a vegetable dish or heat rolls at the same time. You'll also run short of shelf space if you plan too many things that must be refrigerated right up to buffet time. If the weather's right, you can use your balcony or the back porch for additional cold storage space.

If your guest list is too long to seat everyone at one or more tables, don't attempt to serve a beverage with dinner. Serve coffee later, or perhaps a fancy coffee drink in lieu of dessert. If you're set on a dessert course, consider ordering petit fours or individual-size pastries from the bakery to avoid the last-minute kitchen space jam-up.

Set up the buffet table well in advance—even the day before if space isn't required for family meals. And set out everything, including empty serving dishes, so you can plan the arrangement and make sure it will all fit on the table. Plan the flow of traffic by table setup: plates first, food items, bread or rolls, ending with forks and napkins. You may wish to roll or tuck forks into napkins so guests can pick up both at once. Go ahead and use a colorful variety of napkins—this will stretch your linen supply and make the table look festive as well.

Before borrowing extra china or flatware from friends, investigate your local rental service. In many areas, rental of these items for a short time is quite reasonable. You may wish to rent a large coffee maker, too. If you're short of serving dishes, use foil-covered kitchen trays and bowls. A ruffle of parsley or salad greens can effectively camouflage a utilitarian container.

Plan for eating space. Ideally, you would provide table space for everyone. The next best, and most practical, solution is a stack of big trays next to the buffet. You may wish to buy a supply of colorful plastic trays to have on hand. Consider lap-eating as a last resort. It's best to avoid clumsy plate-balancing except for cocktail parties or receptions.

Condition your house for the crowd. If you have small children, you'll want to take them to Grandma's for the evening or engage a baby-sitter to care for them during the party. Plan a place for your guests' coats—you can put extra hangers in the entryway closet or assign a bedroom for coats.

Remove small, fragile items from party rooms. You may even wish to move some of the furniture to another room or rearrange it to better accommodate a large group. The best way to protect your floors and furniture is to provide plenty of coasters and large ashtrays. Just before guests arrive, check bathrooms to make sure there is an ample supply of tissue, fresh soap, and guest towels.

If you've done your planning and homework well, and prepared as much of the food ahead as possible, you'll be able to relax and enjoy your buffet. ■



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holstery or floor coverin
low collection can help
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Or, by echoing a mino
from your color scheme,
can add a sharp accent
decorating scheme.

While pillows can do
for a room's color balan
can't just toss them on a
bed or sofa and expect g
sults. Arranging pillows
of an art, like arrangi
tures in a wall groupin
there are almost as man
to arrive at an attract
rangement. Here are so
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your rooms and then g
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sonality into a room, u
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Sara Pacher, Western Travel Editor

Photograph: Elton Welke



The beach parks of Hawaii

The convenience in Hawaii of having a clean sandy beach adjacent to your hotel can easily lure you into missing one of the most enjoyable pursuits in the islands: exploring the public beach parks. If you expect them all to be the same—white sand, gentle surf, shaded by coconut palms—you'll be surprised. The parks vary greatly. Some are famed for swimming, surfing or fishing. Others serve as botanical gardens. Some are historic. In total, you'll find that parks in Hawaii contain some of the most interesting parts of the islands.

Of all the islands, Oahu has the most parks, among them some of the world's most famed surfing spots. Within the Honolulu City limits, you'll find the snorkeling outstanding at Hamauma Bay Beach Park, a marine life preserve. Oahu's Makapuu Beach Park is excellent for body surfing, and the swimming is great at Waimanalo Beach Park.

On the Big Island of Hawaii you can, if you wish, really get away from crowds, especially in the beach parks on the southern end of the island. On the other hand, you'll find outstanding and popular swimming beaches in the South Kohala District on the island's dry side.

The islands of Maui and Kauai have some fascinating parks, including remote Kaumahina State Park on Maui, a lush green forest of tropical plants from all over the globe.

For lists and descriptions of beach parks on the major islands, write the following sources. The materials they send you can be very helpful in planning a trip to the islands.

Oahu: Department of Parks and Recreation, City and County of Honolulu, 1455 S. Beretania St., Honolulu 96814.

Hawaii: Department of Parks and Recreation, County of Hawaii, 25 Aupuni Street, Hilo 96720.

Maui: Maui County Department of Parks and Recreation, 1580 Kaahumanu Ave., Wailuku 96793.

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A visit to Old Town

Now it's called Old Town. But in the early 1800s, it was San Diego, the place where California's history began.

Under Spanish, Mexican, then American rule, the town grew and prospered until 1867 when merchants moved closer to the thriving harbor four miles away. A major fire in 1872 accelerated the exodus.

Over the years San Diego grew to surround the original settlement, and many of the historic buildings of Old Town fell to ruin.

In 1968, the area bordered by Twiggs, Congress, Juan and Wallace Streets was declared a State Historic Park, and restoration began. You can still watch workmen painstakingly reclaiming the adobe washed off walls over the years and recasting it into new bricks. It's as if you were being transported back into the 1830s.

The best way to see Old Town is to walk through it. You will have no difficulty in finding your way, but if you want a guide, the Historical Shrine Foundation Society offers a free tour every Saturday at 1:30 p.m. It begins at Whaley house, 2482 San Diego Avenue, and takes one and a half hours.

Without a guide, a good starting point is the Old Town Plaza, bordered by San Diego Avenue, Wallace, Mason and Calhoun Streets. This used to be the recreational and social center of the town. Cock- and bullfights were held here every Sunday. The first American flag in San Diego flew in 1846.

Walk to Casa de Estudillo at San Diego Avenue and Mason Street. The red tile roof, thick white adobe walls and beautiful patio of the Casa make it a prime example of an early Mexican home. The house was made famous by Helen Hunt Jackson's book *Ramona*.

Next door is Casa de Bandini. Its original owners were famous for their spectacular parties. Now it is an art gallery, where you'll find works by the famous Mexican artists Diego Rivera and Jose Clemento Orozco.

On the other side of the plaza is the Congress Hall Site on Wallace Street. This two-st structure was built in 18 from wood brought around Horn. It has been a salo pony express office, gambli house and post office.

The structure at 2745 S Diego Avenue was an 1832 we ding present from Jose Manu Machado to his daughter. Wh the Americans arrived to c quer San Diego, she took do the Mexican flag and hid it her home. Now the old hou is vacant, awaiting restorati by the State.

A one-room wooden scho house on Mason Street, whi became San Diego's first pub school in 1865, has served a home and a tamale factory. T day it's used again for pub school night classes.

A shoe shop at 2515 S Diego Avenue is in the form home of the founder of the S Diego Union newspaper. Y can buy a copy of the first e tion for 25c at 2606 San Die Avenue, the restored Fi Home of the San Diego Uni

On the corner of San Die Avenue and Harney Stre Thomas Whaley built his fi brick house in San Diego Co ty. A center of high society its day, it has since been us as a theater, a dairy, a fune parlor, the first Sunday Scho and as the San Diego Cou Courthouse. It's open fr 10:00 a.m. to 4:30 p.m. fr Wednesday through Sund and is filled with authen furnishings.

Behind the Whaley house the first prefabricated house Southern California. It w made in Maine, shipped arou the Horn, and finally put gether in 1851.

These are some of the int esting spots you'll find on y walk into history in this beau ful city. Your problem will n be one of finding interesti sights, but of finding sufficie time to enjoy them.

Oakland Museum

The Oakland Museum is musty old repository of reli but an exciting modern bui ing housing an exciting array exhibits about California, and new.

Perhaps the most fascinat

is the Hall of Ecology, in which a "Walk Across California" takes you on an easy trek from the Pacific's tidal pools, across the Coast Range, through the Central Valley and on over the Sierras to the desert, giving you a vivid picture of animal and plant life in natural balance along the way. The knowledge you gain on this simulated trip will enhance any hike you take afterward.

You can also journey through the past. The Cowell Hall of California History starts with the primitive culture of the Maidu Indians and progresses through the days of the Spanish Missions, the Gold Rush and right up to the present. And at the Gallery of California Art, you'll see how man's genius has interpreted the changing times: in paintings, sculptures, all kinds of crafts, and models and photographs of architectural accomplishments.

These, along with a variety of ever-changing special exhibits, are presented in an architectural setting that is in itself a masterpiece. It's a modern version of the "Hanging Gardens of Babylon," a building that is also a park. The flowered roof-terraces climbing from floor to floor are an inviting alternative to an ordinary elevator ride.

The museum, located at 10th and Oak Streets, is open from 10:00 a.m. to 5:00 p.m. on Tuesday through Thursday, Saturday and Sunday; from 10:00 a.m. to 10:00 p.m. on Friday; and it is closed on Mondays. Admission is free except for some of the special exhibits and film programs.

If you are driving up from the south on the Nimitz Freeway, take the Oak Street exit and follow Oak Street north until you come to the museum. Coming from the north on Nimitz, take the Jackson Street exit, turn north on Jackson to Ninth Street and right onto Oak. You can park in the museum garage, the adjacent Auditorium lot or on the surrounding streets. AC Transit buses also serve the museum.

One-hour weekday tours of the museum and grounds are offered on a limited basis. Forty-five-minute tours of the Natural Sciences, History or Art Exhibitions leave from the Main Lobby at 11:00 a.m. and 2:00 p.m. Inquire at the main information desk or call 415-893-0340 for tour information and/or reservations.

Year of the Boar

It is 4669 on the Chinese calendar, and 65,000 Chinese in San Francisco are celebrating the event from January 30 through February 7.

The New Year starts on January 27 this year, with three days of traditional, home-style celebrations. Then the nine-day festival moves to the streets of Chinatown.

It will culminate in the spectacular Chinese New Year Parade on the evening of February 7. Bands, dragons, floats, firecrackers and people will explode into a pageant of color and sound to vanquish the Year of the Dog and welcome the Year of the Boar.

If you were born under the symbolic swine of the Chinese zodiacal order (1911, 1923, 1935, 1947, 1959, 1971) you are, according to tradition, chivalrous, gallant, tenacious, loyal, very honest, well-informed and a bit impulsive. You are also affectionate and kind to the people you love. You are most compatible with persons born during the Year of the Rabbit (1903, 1915, 1927, 1939, 1951, 1963) and the Year of the Sheep (1907, 1919, 1931, 1943, 1955, 1967).

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There is a sense of remoteness about Crested Butte, a sunny, scenic Colorado ski resort with short lift lines and do-it-yourself entertainment. Yet it is not really remote.

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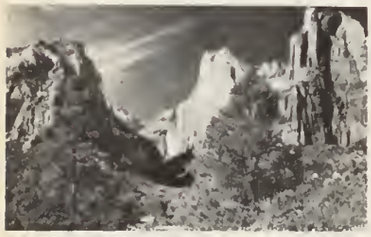
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In 1882, the old mining town of Crested Butte had a population of 2000. Today, its permanent residents number about 300, but the town still retains its frontier flavor with false-front stores (some containing boutique fashions), old bars and restaurants. The City Hall and the first school, both built in 1883, are still in use. On winter evenings, the town zings to life with sleigh rides and polka parties.

The ski area overlooks this charming town from the lower slopes of 12,172-foot Crested Butte. A 7500-foot gondola plus two double chair lifts give intermediates and experts a choice of 27 miles of packed-powder trails. There is a J-bar and T-bar on the lower slopes for beginners. New lifts will be added by next season, increasing the area to 47 miles of trails.

Several modern lodges and chalets are right at the ski area, and condominiums are under construction. Other accommodations can be found 20 minutes away in Gunnison.

Portland's sanctuary grotto

Every year, nearly half a million pilgrims and tourists experience the charm and beauty of The Sanctuary of Our Sorrowful Mother in Portland, Oregon.

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There are sunken gardens o azaleas, camellias, roses and other flowers and shrubs along the entrance driveway. The spruce trees here are from the Pyrenees Mountains of Spain

Garden paths lead along the Stations of the Cross to Ou Lady's Grotto, which has been carved out of a fern-covered 150-foot cliff of solid granite Organ music resounds daily from speakers high on the rocks

The Chapel of Mary, east o the grotto, was built of rock quarried from the cliffside.

Also to the east of the grotto is an elevator which takes you to the 40-acre upper level of the Sanctuary. Here from the brow of the high cliff, you have a broad view of the Columbia River Valley and, on a clear day, the snow-capped peak o Mount St. Helens.

The sylvan path called the Sorrowful Mother Grove is lined with 34 lifelike wood carvings arranged in seven separate shrines. The work of an Italian professor, they are ranked among the world's outstanding examples of woodcraft.

Saint Anne's Chapel, a tiny wooden building located on this level, contains a collection of famous Madonna paintings and photographic reproductions.

The Sanctuary is ever changing. Skilled hands continue to add new plants, trees and statuary to its grounds. It is a garden devoted to meditation, love, beauty and peace—a rare thing in a big city today. ■

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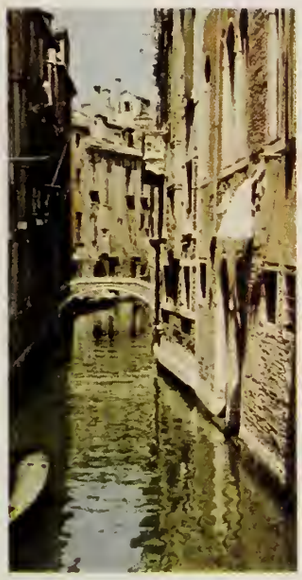
TRAVELING ON YOUR OWN

IN

EUROPE

OUR EXPERT SHOWS YOU HOW











Europe's sights are strange and exciting, yet so familiar that you are always at your ease. Holland's tulips are like other beautiful tulips, but they're so abundant that the whole country becomes a painter's palette when they bloom. The Venice canals are more intriguing, and the Left Bank of Paris, with its bookstalls on the Seine, even more romantic than in the movies. On Carnaby Street, boutiques flash with the latest fashions: shopping is like shopping everywhere, but it's more fun. And when a driver goofs on the old town square of Toledo, Spain, our portly policeman, however picturesque, acts just as bossy as the traffic cop back home in Toledo, Ohio.

Photographs by Bill Helms and Pedro Guerrero

George Bush, our Editor at Large, has been to Europe so often he long ago stopped counting his trips. From his own experience, and from many conversations with other American travelers, he finds that far too many vacationers take group tours for the wrong reason—they think they'll be lost on their own.

This, says Bush, just isn't so. Traveling independently is hardly more difficult, and it can be a lot more fun.

You have no schedules to follow, no forced sight-seeing you'd rather skip. You can pursue your own interests rather than take the beaten track that someone has decided is best for the "average" tourist. You can seek out small, cozy hotels. You can shop at leisure. You can change your plans en route. You can even sleep late when you want to.

The following pages cover several recommended trips and a multitude of details that most first-timers (and even second- and third-timers) have little chance to discover for themselves—details that make European travel easy and pleasant, and ess costly as well.

LUGGAGE

Try not to take more than you can handle yourself. Porters are scarce almost everywhere you'll go.

With an economy-class air ticket, the weight limitation is 44 pounds per person, plus such incidentals as camera, toilet articles and reading matter. That's more than enough.

I never load up to the limit. This gives me a margin for things I might buy abroad. I allow room for these purchases by packing an empty over-the-shoulder bag.

Here is a luggage combination two adults can easily manage:

1. One light, medium-size suitcase, of solid build or with a firm frame all around so you can use wheel attachments that enable you to roll rather than carry it.

2. One very light bag small enough to stow under the plane seat. In case your bigger bag is misdirected, you always have this little case with basic essentials to keep you going for a couple of days. Include a light, comfortable sweater or cardigan for the plane trip.

3. One soft over-the-shoulder bag for things you want to buy en route.

4. Spare over-the-shoulder bag tucked away in luggage (carried on return trip).

For variable weather, take raincoats with removable linings rather than two different coats. Don't overload on shirts, etc. You can get laundry done within 24 hours almost everywhere.

When checking in your bags for a flight, always make sure that the clerk puts on correct destination tags.

TAKING OFF

Money: Your bank can supply you with about $10 worth of change for arrival at your first stop. You can also buy such currency packs at most of our international airports just before departure. But it isn't really necessary. There are change booths at all European airports, and you get a better rate.

You'll encounter no customs inspection on departure, but if you're carrying a foreign camera, watch or other expensive item of foreign manufacture, leave yourself enough time to register it with U. S. Customs, so you'll have no trouble when you come back. If the item is identified on an insurance floater, you can take the policy with you instead. Or if you have a receipt from the U. S. store where you bought it, that also does the trick.

Our favorite hard liquors are expensive abroad. If you must have scotch, gin, vodka, or bourbon, go to the airport's duty-free shop before departure and order your supply for delivery on the plane. Similarly, if your first stop is anywhere but Switzerland, where American cigarettes sell for about 30c a pack, order your brand for delivery on the aircraft. You'll pay $2.70 a carton, about a third of the price or even less than charged in most foreign countries.

ARRIVAL

The time to change your money is while you're waiting for your luggage. Look for a sign that says "Bank," "Cambio" or "Change." You'll get a better rate there for bills and traveler's checks than at hotels. But don't change more than you think you'll need. You'll lose some points changing it back.

If you find later that you haven't changed enough at the airport, go to a bank. If you bought more than you needed, get rid of coins locally, change the bills on arrival in the next country. Note: some countries, like Greece, Turkey, Tunis and the Iron Curtain nations do not allow export of their currencies. Here you must change leftover cash before you leave.

Make an advance reservation for your hotel at the first stop, even if after that you'd just as soon play it by ear. You don't want to hunt for a room after the long transatlantic flight. But call the hotel from the airport and make sure that your room has been vacated. Otherwise, you might find yourself parked in the hotel lobby for hours, waiting for your bed.

If there's been a mix-up with your reservation, or if you didn't make one, go to the airport hotel desk. The girl on duty will call around, and generally she'll find something even in high season.

FLYING IN EUROPE

On 17- to 28-day economy excursion tickets, you are allowed two stopovers each way, provided the total mileage fits within the generous limit set for your farthest destination.

If you're not a member of a tour group, and you change your mind along the way about where you want to go, you can have your tickets rewritten at any office of the issuing airline or at the airline you'd switch to on your new route. There is no extra charge, provided you stay within your original mileage allowance.

International air ticketry has lots of little wrinkles that allow you to make interesting side trips. For instance, you can fly on to Dubrovnik in Yugoslavia, or to Tunis in North Africa, for the price of a round-trip ticket to Rome. Or you can stretch your Paris ticket to Bordeaux, France. Even on relatively short-haul tickets, you have more possibilities for independent travel than most clerks will point out to you. On an Amsterdam ticket, for instance, you can stop over in Ireland, England, France and Spain or Portugal.

The best time to fly within Europe is around noon. Flights are less heavily booked than those in the morning and late afternoon. Also, you can depart leisurely and still enjoy much of the afternoon and the whole evening at your next stop. What's more, the airline supplies lunch.

If you want just a quick, one-day look at a city, you can save the airport tax often due on departure by making sure that you leave within 24 hours of arrival. Point this out to the check-in clerk so she'll stamp the tax exemption on your boarding pass; otherwise she might overlook it.

Customs are a mere formality in Western Europe, and no cause for concern.

TO AND FROM AIRPORTS

It generally pays to go to airports by bus. That's because specific flights are often served by specific buses, and the plane doesn't leave before its bus passengers arrive. This is excellent insurance in case of an unexpected traffic jam on the roads to the airport.

Most cities have only one airport, and you'll have no problems making connections. But there are some exceptions. Paris has two airports, at opposite ends of town. If you change planes here, make sure you don't come in at Orly Airport and leave at Le Bourget, or vice versa. It wastes time and you must transfer your own baggage. The same applies to Milan and Stockholm.

To get into a city from its airport, take the airport bus rather than a cab. (Or pick up your rental car at the airport.) Find out at the change booth where to get your bus tickets. In Vienna, incidentally, there is an excellent limo service that operates in connection with the hotel desk; it's a better deal, door to door, than the airport bus.

In Paris, during rush hours and on Sunday evenings, you'll find that cabs are hard to get at the downtown airlines terminal where the bus drops you. But rather than take that very expensive taxi ride all the way from the airport to your hotel, ask the bus driver to let you off at an intermediate bus stop where taxis are more easily available: Porte d'Orleans coming in from Orly Airport, and Place Pereire en route from Le Bourget. Then, if there's no cab, you have at least a nearby subway ("Metro") stop—and you'll find the routes so well marked you don't need a word of French. (If you must change trains at another stop, follow the sign that says "Correspondance.")

DRIVING A RENTED CAR

In the midsummer tourist rush you must reserve rented cars. At other times, however, this is generally not necessary. Not reserving can be an advantage. To wit: If you plan to return the car in another city—especially one in another country—there is often a drop-off charge of about $25. You can sometimes avoid this charge by requesting a car that's due to be returned to your destination.

When possible, rent a car that's been manufactured in the country where you plan to do most of your driving. You'll get better road service. Don't shy away from small cars. They are comfortable, have plenty of luggage room, cost less to rent than the big models and they burn less gas. That's important in Europe, where you always have to pay for the gas in rented cars, and where gas costs almost twice as much, and sometimes even more, than it does back home. (In Italy you can save on gas by purchasing gas coupons from auto club offices at the border.)

The most economical way to rent a car is to buy a package tour that combines your round-trip air fare, car rental and even accommodations in one special low price. Such arrangements are available with most international airlines, and they cost considerably less than if you set out to buy everything separately. Accommodations on these tour packages are usually "throw-aways"—they are for the most unlikely out-of-the-way places and are included as a formality to meet package tour regulations. Even if you don't use the accommodations, you'll still come out ahead.

Apart from mechanical aspects, the most important thing to check when you take possession of a rented car is that it has a "green card" in the glove compartment, along with the registration papers. Without this green card, you can't cross most borders. Don't take the clerk's word for it; make sure yourself that the card is there.

Also in the glove compartment you'll find a cardboard clock—the kind kids use to learn to tell time. You stick this cardboard clock in your windshield after setting the time when you park in a restricted zone. So long as you don't overstay the limit marked for that particular zone, you won't get a ticket.

European gas stations don't give maps; you have to buy them. Remember that, except in Britain, distances are expressed in kilometers, not miles. To arrive at mileage, multiply by .62. But, except on superhighways like the German Autobahn or the Italian Autostrada, figure that a given number of kilometers will take about as much driving time as the same number of miles back home.



George Bush

For wild flowers, you can't beat the Alps. These brilliant meadows are just north of Lake Geneva in the Gruyeres area of Switzerland.

Road signs are easy to understand. Most are pictures. Ask your car rental agency for a chart that explains them. In addition, in France watch for signs on some country roads that say "Virage," meaning curve, and in Germany for any words preceded by "Achtung," meaning watch out.

EUROPE BY TRAIN

Don't judge foreign railroads by American trains. European trains are comfortable and usually clean, and some of them are very fast and luxuri-







Photographs by Bill Helms, George Bush and Beckie Baker

Europe comes in all flavors. To watch the world go by, there's no place more fascinating than a sidewalk cafe in Paris. To play in the snow—even if only for a day or two while touring the continent—there's no land more glamorous than Switzerland. No bridge has earned more admiration over the centuries than triple-purpose Ponte Vecchio in Florence, which serves as thoroughfare, marke place and cozy home all at the same time. And certainly no soldiers are as colorful as the tall guardsmen at the Tower of London; even this American youngster is intrigued.



ous, especially the TEEs (Trans-European Expresses) and certain "name" trains, like the "Settebello," a palace on wheels that sprints between Milan and Rome.

With stopoyers limited on 17- to 28-day air economy excursion tickets, rail travel is a good idea for any family that wants to see a lot of different places, but prefers not to drive.

Tickets are cheap, but if you plan on much touring your best buy is a Eurailpass, which you must obtain before you leave this country. Every travel agent has them. The Eurailpass gives you unlimited first-class transportation in 13 Western European countries, plus free passage on some Rhine, Danube and lake steamers.

A 21-day Eurailpass costs $110. For one month, it's $140, and for two months, $200. By comparison, the Paris-Nice round trip alone costs $74.60 first-class. Your Eurailpass does not include the British Isles; here you can get a 15-day Britrailpass for $60 in first-class, $35 in second. Again ask your travel agent, or contact British Railway, 270 Madison Avenue, New York, N. Y. 10016.

Let's assume your destination is Rome. An off-season economy excursion ticket costs $429 from New York. With this ticket, you can stop, say, in London and Paris on your way to Rome, and in Frankfurt and Amsterdam on your way back. Of course, you have other stopover choices, but what about all the other places? Now assume that instead you buy economy excursion tickets to Paris. En route, you can visit Ireland and England, plus Spain and Portugal. This costs $353 per ticket. Add a three-week Eurailpass for $110, and you can ride the rails all over Western Europe, even to Rome and beyond, for a total transportation cost of $463 per person, only $34 more than the Rome air fare.

With Europe's frequent rail schedules, train travel gives you almost as much flexibility as driving. You don't really have to plan anything in advance. If the weather isn't good in a place where it counts (like in the mountains), you simply go on, perhaps to come back later. And stopping over in small towns and villages is easy and far cheaper than in cities. Just get off the train and ask station attendants to recommend a nearby hotel. The words "good" and "hotel," with your fingers demonstrating walking, will do the trick if they can't speak English.

On night trips, your Eurailpass covers the ride but not the sleeper. First-class sleepers come high. But rather than share a lower-priced "couchette" bunk compartment with several other people of both sexes, you're better off—except in high season to ride overnight in a regular compartment, which has upholstered benches long enough to stretch out on. Get to the station well before departure, slip the conductor a couple of dollars and he'll reserve the compartment for you.

If your itinerary doesn't warrant buying Eurailpasses, consider going second class. It's not at all uncomfortable, and often less crowded than first. (Incidentally, if first-class is jammed, you can sit in second with a first-class ticket.)

Dining car meals are usually served "table d'hote"—that means you get a set menu, usually quite good and not very expensive. But it's cheaper and more fun to

Continued on page 100

EUROPE - RECOMMENDED TRIPS

SCANDINAVIA

Here is an independent, 22-day tour which can be packaged for about $450 per person plus $485 peak-season air fare. Price, based on two persons traveling together, includes room, bath and breakfast; all transportation; sight-seeing excursions; ordinary tips and taxes.

Our itinerary not only covers Scandinavia's major cities, but also visits the northern fiords and the Arctic country, which most tourists never see. You travel to the north by regular coastwise steamer—not a cruise ship—that local people take between the little fishing villages along the way. Recommended time: the peak period of the Midnight Sun, from late May to mid-July.

This is so unusual a trip that you have to have it custom-tailored. Bennett Tours did it for me. Inquire at any office of SAS (Scandinavian Airlines), or write to SAS Tourism Department, 555 Fifth Avenue, N.Y., N.Y. 10017.

Fly to Bergen, Norway (a two-day stay), then sail to the very top of Europe by coastal steamer (4½ days, with optional shore excursions in fiord ports en route). After midnight-sun motorcoach tour of the North Cape on the Arctic Ocean, travel by bus and steamer back down the coast to Narvik, still above the Arctic Circle. On the 12th day, by first-class train to Kiruna, Sweden, and from there overnight on a first-class sleeper to Stockholm (3 days), then by air to Copenhagen (3 days, with sight-seeing in and out of the city, including Elsinore), by air to Oslo (3 days), then back to New York by air on the 22nd day.

CITY HOPPING

You don't need glorious weather to enjoy Europe's big big cities. Visit them in winter, and you will see them at their best—empty of tourists, and going about their own business and pleasures. What's more, the off-season offers real bargain prices. Almost every airline lists package tours that visit one or more cities. TWA has some excellent combination trips of two or three weeks that include all your air travel, hotels with private bath and breakfast, transfers between the airports and hotels, all basic tips and some guided sight-seeing if you like; other than that you'll be on your own.

The best two-week trip takes in London, Amsterdam and Paris for about $420 in off-season, including air fare from New York. You stay in good but not luxurious hotels; upgrade your accommodations, and the trip is $30 more. Among the three-weekers, there is a trip to Paris-Vienna-Rome-Copenhagen-London for about $590; and Lisbon-Madrid-Rome-Paris-London for about $550. Other combinations may also include Geneva and Athens.

ITALY BY CAR

This 1200-mile circle tour makes a great two-week trip, but do set aside three weeks if you can: there is so much to enjoy along the way that you'll wish to linger everywhere. And you'll certainly want to take advantage of the air-fare bargain that allows you a side trip to Yugoslavia for the Rome ticket price. That adds three days or so, for a trip total of at least 17 days.

Here is the routing: Rome, Naples, Pompeii and the Amalfi Drive (Sorrento and Positano), and back to Rome. Now cut across Italy to the Adriatic Coast, stopping at Villa Adriana and the gardens of Tivoli, just outside Rome, along the way. On the Adriatic, go from Pescara to Ravenna to Venice. (Obviously, parking is a problem here since there are no real streets. Just after crossing the causeway to the city, you have a huge garage on your right. This is your best bet, rather than the open lot beyond, since porters are available to help you carry your bags when you walk to your hotel in town.) From Venice, take the fast expressway, the Autostrada, to Padua, Lake Garda (visit Sirmione and drive up the west shore of the lake to Riva at the foot of the South Tyrolean Alps; visit the Riva waterfalls). Then on to Milan via Brescia, and from Milan by Autostrada, skirting Genoa, to Santa Margherita Ligure and Portofino on the Italian Riviera. From here on to La Spezia along the mountainous coast, then south to Pisa, inland to Florence and by Autostrada back to Rome.

Your side trip to Yugoslavia fits in best as you return from Naples, since Rome's airport lies southwest of the city. Either that, or at the end of the trip after you've returned your car. Take a plane across Italy and the Adriatic to Dubrovnik, famous walled city on the Yugoslav coast. Rent a car here for a day's excursion south to Kotor, and then inland up the mountains on what may well be the world's most breathtaking scenic highway to Centinje for a look at the real (not the tourist's) Yugoslavia. This whole excursion, including car rental out of Dubrovnik, should run you no more than about $30 for two persons for a couple of days.

Cost of the trip includes your Alitalia 17- to 28-day ticket to Rome and Dubrovnik, use of a small car for 620 miles, rooms with bath in a selection of 23 modern motels all over Italy, and a pass for most museums and monuments. All this comes to $525 for two weeks, $600 for three. Figure on $60 to $70 in excess mileage charges above your free allowance, plus gas, meals and expenses in Yugoslavia. If you live modestly but without skimping, $10 a day per person is about it.

Without Yugoslavia, you can take the trip on a "GIT" plan for $500.

RHINE AND ALPS

Lufthansa also has a deal where you use a rented car for unlimited mileage as part of your air-fare package. You pay about $337 for two weeks, $425 for three weeks. You can make this arrangement at just about every major German airport, but for the greatest variety and charm, I would recommend an 800- to 1100-mile circle that includes Frankfurt and Munich—you can start either place, but the Frankfurt fare is $5 cheaper. The package includes hotel one night in the city of arrival.

Starting at Frankfurt, drive to Mainz and make a one-day excursion by boat or car up the Rhine to Coblenz. This is the most famous stretch of the great river, and well worth it. Then turn around and drive south, roughly following the Rhine. I prefer the western banks, partly in France. Visit Strasbourg, then cross back into Germany, cut through the Black Forest to Schaffhausen, Switzerland, to see the Rhine Falls. Then on to Zurich, Lucerne, along the Lake of the Four Cantons and over the Klausen Pass to Linthal and Sargans. You follow Alpine valleys here, but it's easy driving—through the principality of Lichtenstein, on into Austria and across the Arlberg Pass to Innsbruck. Going on to Salzburg, swing southeast through the Glockner Range to Spittal, Radstadt, and the Salzkammergut, with its lovely Alpine lakes. Then on to Munich, and from here along Germany's "Romantic Highway" through medieval towns back to Frankfurt.

THE BRITISH ISLES

Two weeks are enough for wonderful circle tour of England, Scotland and Wales, with quick visit to Ireland by boat across the Irish Sea. Our recommended itinerary covers all the places you've heard about, from lively London to the windblown highlands. Make three weeks and it'll be even better.

Either way, your best bet is BOAC "Combination Holiday," which packages your air fare with six nights in a London guesthouse and some London sight-seeing, plus one or two weeks' use of a car for touring the country. The two-week costs about $338, the three-week $387. Your meals, hotels outside London and the trip to Dublin are extra. Living modestly but comfortably, figure on spending about $12 a day per person, including gasoline. If you don't care to drive, you get 1000 free railroad miles.

The basic trip covers London, Windsor, Oxford, the Cotswolds, Stratford, the mountains and coast of Wales (including Caernarvon Castle), the boat trip from Holyhead to Dublin and back and Chester. Then, by sticking to the west, you can skirt the industrial midlands on your way to Scotland. Similarly, avoid Glasgow by staying to the west, and head straight for the Firth of Clyde. Then drive along Loch Lomond, cross the Trossach Mountains to Perth and continue to Edinburgh. On your way south, stay toward the east, driving through Newcastle, York and Norfolk, Suffolk and Essex.



All prices shown here are approximate, and they are based on New York as your starting point. Give or take a few dollars, they will probably go into effect April 1 for off-season travel, pending approval by the different countries. If they are not approved, you can figure on spending $25 to $50 less. Either way, summer rates are higher—about $60 more. Where car rentals are included in fly-drive packages, you may usually substitute rail travel at the same price.

PARIS AND RIVIERA

This 1500-mile car itinerary covers Paris, the Château region, the Riviera, the highest Alps, and the wine country.

Again, it's a trip that packages a rented car (unlimited mileage) with your air fare from New York. Cost: about $360 per person, for 2 weeks; $410 for three weeks. Check with Air France or your travel agent.

Here is the route: Paris, Versailles, Chartres, Tours, the Château country along the Loire, Bourges, Vichy, Avignon, Marseille, Cannes, Nice; then up the Route Napoleon through Grasse (perfume and ceramics), to Digne, Grenoble and along the glacier-capped mountains to Chamonix.

Take Europe's highest cable car to the 13,000-foot top of the Aguille du Midi and across the Mont Blanc glaciers to Point Heilbronner on the Italian side. Return by cable car and continue your drive from Chamonix through the Mont Blanc tunnel into Italy's Aosta Valley, then cross the St. Bernard Pass to Switzerland and round the Lake of Geneva past Montreux, Vevey and Lausanne to Geneva. Don't reserve hotel space ahead of time. That's because the weather may be good on one side of the mountains and bad on the other, and you might as well stay where the sunshine is.

From Geneva, drive to Macon. From here, north to Dijon, take the back roads through the vineyards, tasting wine along the way. Continue to Reims to visit the famous champagne cellars. Return to Paris.

SOUTHERN SPAIN

Most of Spain is a harsh tableland, severe and melancholy, with none of the warmth Mediterranean countries are supposed to have. To find that lushness and still get a sense of that peculiar Spanish feeling of fire burning in ice, you must come down from the arid tablelands to the golden shores that face Africa. Distances are huge by European standards, and our 1300-mile itinerary covers only a small part of the country. But it's as much as you can have in two or three weeks.

Fly Iberia to Madrid and pick up your rented car on a $375-$425 package tour, which also includes the first night in a good Madrid hotel room with bath. Stay away from hotels where tourists go, and you can eat well and sleep soundly for less than $5 a day per person.

Our itinerary takes you from Madrid south to Toledo and Ciudad Real in the ochre-colored windblown highlands. Then down to Cordova and Seville in the coastal plain, where the Latin life begins to show; thence to Malaga, Granada, Cartagena, and Alicante, crossing coastal ranges and dipping to the sea at villages and towns which in the last few years have become international resorts, with skyscrapers and sun worshipers from northern countries. Continue north to Valencia and then east, back into the interior, with a last sight-seeing call at Cuenca en route to Madrid.

(Free train travel may be substituted for the car rental but doesn't lend itself well to this itinerary.)

THE MEDITERRANEAN

The highlight of this trip is a 7-day cruise through the Greek islands to the coast of Turkey, which is richer in the relics of antiquity than any other place in the world.

The cruise starts from Athens. The rest of the trip—getting to and from Athens—is a matter of choice. On a three-week round-trip ticket, you may make two stopovers each way. My suggestion is that on the way out you stick to the Mediterranean area, visiting Barcelona and Rome. On the way back, stop off in Paris and London or Madrid and Lisbon or Vienna and Amsterdam—you name it. Figure two or three days at each stop, including Athens, or allow more time on the Mediterranean and fly back directly from Athens. Excursion air fare, New York to Athens is $495. The cruise runs about $220 to $470, depending on accommodations. Figure on a total cost, including hotels, meals, transportation and extras, of $1200 per person, opting for medium-priced accommodations. It's not a cheap trip—but it's fantastic.

Go by air (Pan Am or Iberia) to Barcelona. Visit the bikini beaches of the Costa Brava, to the monastery of Montserrat, the Basque country of the Pyrenees. Then fly to Rome. Excursions: Tivoli and Villa d'Este; the historic towns of Serveteri, Tarquinia and Viterbo; then by air to Athens to see the city and board the "Jason," luxurious motor vessel of the Epirotiki Line, for your cruise to Crete, Santorini, Rhodes, Ephesus and Istanbul.

THE LOW COUNTRIES

Here's an itinerary that shows you what *modern* Europe—the Common Market Europe—is all about. It covers Holland, much of whose land is newly claimed from the sea; Belgium, where modern economic politics take place behind post-medieval walls; Germany's booming industrial Rhineland around Cologne; Paris, which clings to beauty in an age of pragmatism; and that strategic pivot of power, the hills and forests of Luxembourg, Belgium and Northern France, that have been fought over for more than 100 years and still retain their loveliness.

Again, this trip is based on having the car rental tied in with your air fare. You fly KLM to Amsterdam; and the car, with unlimited mileage, is part of the $408 package price for a three-week tour ($65 more in summer). The price also includes arrival night in an Amsterdam hotel and "throwaway" guesthouse coupons for the other nights.

The best time to go is about the third week in April, when the tulips are in bloom. Be sure to see them at the Keukenhof, a vast garden outside of Amsterdam. Other times, go to the flower auctions at nearby Aalsmeer instead.

To really enjoy Amsterdam, get a copy of "Amazing Amsterdam" from KLM; and for the rest of the country, a copy of "Happy Holland." Both are excellent paperbacks.

Our itinerary takes you from Amsterdam to Utrecht and Apeldoorn. Then, en route to Arnhem, don't miss the Dutch National Park, the Hogeveluwe. Here, in the midst of a natural preserve, is Europe's most exciting museum, the Kröller-Müller, with its nearly 300 Van Goghs, plus Picasso, Mondrian, Seurat, Braque, etc. From there, on to Maastricht. (If you take this trip in the winter, which is not at all a bad time for it, be sure to take in the rousing Maastricht carnival in early February, during which all these sober burghers become totally, uninhibitedly wild.) From Maastricht you cross the German border en route to Cologne down the Rhine past Bonn to Coblenz. If it's spring or summer, make a one-day side trip along the most picturesque stretch of the Rhine to Mainz, either by river steamer or by car on the north bank. Spend the night in the wine town of Assmannshausen; you'll like it better than the more famous Rüdesheim, which has become a tourist trap.

Back to the circle tour at Coblenz, turn south through the vineyard valley of the Moselle to Trier and Luxembourg, then through the forests of the Ardennes to Sedan and down to Reims and Epernay, for visits to the famous champagne cellars of the area. On to Paris, and from there to Rouen, Amiens, Brussels, Antwerp, Rotterdam and The Hague. Visit the miniature city of Madurodam here. Now, if you are short on time, return directly to the airport just north of The Hague. Otherwise make the big circle around the Ijsselmeer, one of the famous dike projects, which takes a couple of leisurely days by car.







Photographs by George Bush and Bill Helms

Spring is a wonderful time to travel. Europe is less crowded then, and the weather is just great. In the Swiss Alps, the sun is hot and tanning as it glitters on the glaciers (left). Sleepy villages like Hallstatt in Austria's famed Salzkammergut lake district (top left), wake up as the land turns green and the pine forests fragrant in the new warmth. Farther south, along the Mediterranean, the air is balmy, still spring-fresh. That's the time to travel through the wild highlands of Spain (above), for visiting the many beauty spots of Italy, like fountain-filled Tivoli near Rome (top right), and for sight-seeing the relics of the ages, like the once-great Greek city of Ephesus on the coast of Turkey.

buy sandwiches, wine, fresh fruit and chocolate from platform vendors during stops.

Warning: Never drink tap water on trains. Carry or buy bottled mineral water, even for brushing your teeth.

HOTELS, GUESTHOUSES

Hotels are officially ranked by categories: luxury, first-class, second-class, etc., depending on price. This system is almost universal in Europe.

Luxury hotels are of the traditional "grand hotel" type, with attendants stumbling all over each other. Naturally you pay extra for all that service and the spacious, elegant rooms you get.

There's little if any difference between first- and second-class hotels. In fact, I prefer second class in many cases. First-class hotels are generally larger, with less time to spend on individual guests; yet they often pretend to be luxury hotels, without quite making it—and you pay a premium for their trying.

But no matter what class hotel you get into, you can usually expect a clean room, a comfortable bed and a good continental breakfast: coffee, or tea, rolls, butter and jam. If it's available and you're willing to pay an extra dollar or two, you can generally also obtain a private bathroom. Rooms without bath almost always have lavatory sinks. Biffy and tub are usually nearby on the same floor.

In resort areas, most hotels package room and meals in one price. This is cheaper than eating out, but restricts your choice. It's best to opt for "demipension," which gives you breakfast plus one other meal, and it's up to you from day to day whether you stick around for lunch or dinner.

Guesthouses serving breakfast only are identified as "garni" in Switzerland, "meuble" in France, "Frühstückspension" in Germany and Austria. Often they are excellent buys.

Key person at your hotel is the head porter, or "concierge." He is not a porter in the usual sense, i.e. he doesn't carry your bags, but he's the guy who fixes everything, from theater tickets to excursions. Get sick and he'll call a doctor. Leave your mail with him, and he'll put stamps on it. If you want a package sent home, he'll arrange to have it wrapped and posted. At the end of your stay you'll get a bill from him for his disbursements on your behalf. You add a tip, of course.

When I'm staying at a hotel for more than a day or two, or when I know that I'll require a variety of porter services, I tip the man immediately on arrival. A couple of dollars is enough to get him started in good humor. Again, depending on the extent of his services, I tip him again when I leave. That, and a gratuity equivalent to 10c to 20c per bag to the man who brings the luggage to your room, are the only basic tips required at the average hotel. You do not tip the clerk who shows you to your room.

At resort hotels, you are also expected to leave some money for the chambermaid and your table waiters. The equivalent of two dollars each is enough for several days' stay.

Note: Always carry soap and toilet tissue. Many hotels in Europe still do not supply soap, and the toilet paper, even in excellent hotels, often is of poor quality.

SHOPPING

Your duty-free exemption for import to the U. S. of items you bought or were given abroad is $100 per person; in a family you can combine the exemptions. Antiques over 100 years old, religious and educational items, works of art and books are not dutiable. In addition, you can bring back one quart of alcoholic beverage per adult (over 21) duty-free.

Say you're thinking of buying a stereo set that costs $110 and weighs 20 pounds. If, as a result of prior purchases, you are already over your duty-free limit, the import duty on the set will be about 10 percent. Also, since it will probably put you 20 pounds over your luggage limit, you'll have an excess baggage charge of around $40. Net additional cost: $51. Is it worth buying under these circumstances? The answer is yes (presuming it's worth buying at all).

Here's how: You remove from your luggage 20 pounds of personal belongings that originated in the U. S. and which you won't need immediately on your return. Have them wrapped at your hotel and shipped insured, at a cost from Central Europe of about $5. You buy the stereo, take it with you as part of your luggage, declare its true value of $110. Your additional cost, at the most, will be about $15. And if it's your only import, you probably won't have to pay any duty at all. Be sure you have a receipt for all items involved.

Every country has its own special bargains. Guidebooks can tell you all about that. But in addition you may buy certain products from all over the world at very low prices in "duty-free shops" at most international airports. These airport bargains include spirits, cigarettes and perfumes, and sometimes even watches, linens, woolens, cameras, projectors, radios, etc. Caution: not all airport shops are duty-free. Make sure before you buy.

Liquor and cigarettes are the most common duty-free items. American cigarettes about $2 to $2.50, and you can bring back any amount you like. Now assume you're at a Paris airport, and you see champagne at the amazingly low price of $4.25. Should you forgo your liquor allowance and buy champagne instead? The answer is no. Buy both. Your liquor bottle (one per adult) will be admitted duty-free, and the champagne will only cost you a duty of about 90 cents a bottle.

Shannon, Ireland, and Amsterdam in the Netherlands offer by far the best duty-free deals in photo and audio equipment, and their Swiss watches are cheaper than in Switzerland where you must buy them in regular stores.

If your last European stop is Lisbon, Athens or Rome, fill your needs at earlier airports, for these three do not have duty-free shops. By the same token, London airport is not very good for shopping: its duty-free shops are jammed and they are often out of items.

FOOD AND DRINK

Water: Okay to drink in all big Western European cities, and just about anywhere in the British Isles, Scandinavia, the Low Countries, Germany, Switzerland and Austria. I never drink tap water or use ice cubes in the rural areas and small towns of Italy, Spain, France, Greece, Yugoslavia; or anywhere in North Africa, the Middle East, Turkey and on the Mediterranean islands. Buy mineral water for drinking and for brushing your teeth.

Food: In the Mediterranean countries I am careful about custards, cream fillings, jellied meats and jellied fish, mayonnaise dishes and shellfish. Anywhere else I eat everything that looks good.

Milk: Trust cold milk only in Austria, Germany, Switzerland, Scandinavia, the Low Countries and British Isles. With your breakfast you'll usually get boiled milk anyway, so that's okay.

Coffee: Where hotels offer you a choice between American and local-style coffee, take the local. Europeans just don't know how to prepare our kind.



Bill Helms

Lunches in the open air are a European summer specialty. Buffet served on garden terrace of Hotel Juana at Juan-les-Pins (near Cannes) is among the best on the French Riviera. At fine resort hotels like this, it often pays to opt for arrangement that includes room and meals.

Wine and beer: Except on cially festive occasions, I k to open wines. They are aper and often better than -priced bottled brands. You'll like the beer almost rywhere. Try local brands t, and you probably won't tempted to spend extra for higher-priced imports. Spirits: Try the local aperi- and brandies. They are far aper than American-style nks, often less alcoholic, and 'll like their taste.

MAIL FROM HOME

If you have no advance reservations but know t you will touch certain cit- have your mail addressed you at the post offices. The rnational phrase for this pose is "Poste Restante" t General Delivery). Such l is always held at the main t office; you'll need your sport to get it.

Many Americans get their l at American Express of- s in the leading cities. That's , too, especially if you hap- to land in a nearby hotel, waiting lines are often ger than at the post office.

HAT ABOUT THE KIDS?

Take your youngsters along if otherwise a Europe- rip is impossible for you. In , once they get into their s you *should* take them n you. Baby-sitters are easi- vailable almost everywhere, at much lower rates than ome. In most cases, the ho- porter will be able to make necessary arrangements. etter yet, ask the chamber- d to look in until she goes duty, and then to stay in room until you get back. s has always worked just for us, and I don't remem- it ever costing more than it $2 for a whole evening. additional advantage of nbermaid-sitters is that children can get acquaint- ith them before the sitting s. ■

te: For information on sport and custom regula- s, inoculations, and other ic travel details, read the icle on page 10 of our uary 1971 issue.

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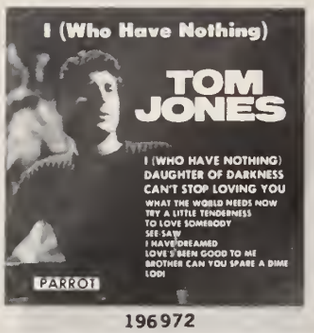
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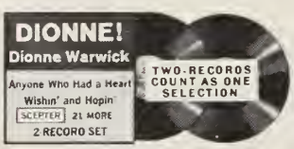
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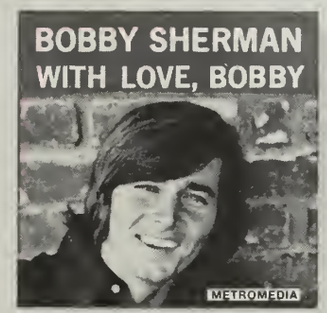
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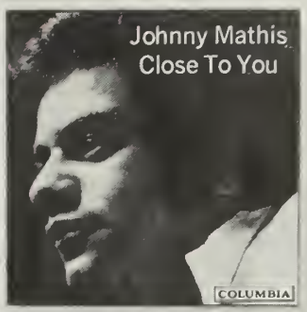
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RECORDS SENT ON CREDIT. Upon enrollment, the Club will open a charge account in your name . . . records will be mailed and billed to you at the regular Club price of 4.98 (Classical and occasional special albums somewhat higher), plus a mailing and handling charge.

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a service of
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191205



188375



185017



196089



171504



195891



186809



185876



188060



188136



195693



195966



192187



187088



168989



191163



186197



191817



193524



193888



191189



193839



169037



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194258



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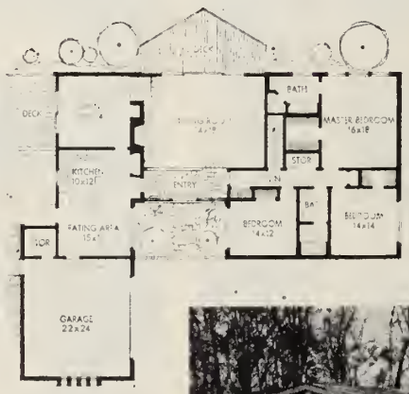
More Better Homes and Gardens Home Plans





3503-A

Plan 3503-A The informality of this French Country house welcomes everyone. There is a lot of living in this two-story, 1,728 square feet of space with overall dimensions of 24 by 36 feet. The carport doubles as shelter for your auto and a combination entry-play area. Use the order form above in column to the right to order these plans.



3709-A

Plan 3709-A Peace and quiet describe this home. Bedrooms are insulated from the rest of the house. The stairs lead to the basement, and open to the rear, with a bedroom, bath, laundry, playroom and storage. In this house of 68 by 36 foot dimensions is 2,250 square feet of luxury living space.



acrame

tinued from page 85

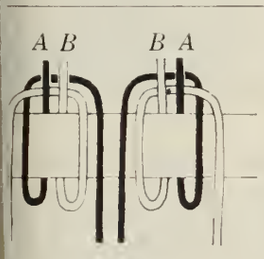
103: horizontal half hitches over 1¼-inch dowel.

104: tie off fringe in groups our with overhand knot *or* ke tassels.

'or each tassel, cut eight ls 27 inches long. Fasten a nch holding cord with pins a pillow or similar backing tie on cords (folded in half) a larkshead knot. Knot e 16 cords (in groups of ·) in square knots. Take the ling cord and tie ends to- ıer. Work three rows of al- ating square knots (four s altogether) in circle. Re- e the top of the bow knot thread one end of the hold- cord through opposite side ıe top row of knots.

ip four cords of the match- color group on the wall ging through the center of tassel, and knot holding in a square knot over cords nging. Run the ends of the ing cords through the tas- enter and knot a square up high on cords of hang- o it won't show in the tas- Cut off ends of holding s and paint knot with a of white glue. Cut all s to the same length and ıe ends.

make the hanging cord, e a square knot sinnet 21 es long, tied with four s. (The outer two cords are nches and inner two cords 0 inches.) Begin knotting ches below the ends.



A cords fillers
B cords knotters

attach to dowel, see h. Place ends behind the l, and bring the first pair rds over the front of the l and behind themselves, ng each other and return- gain to the front of the Continue knotting in e knots until the desired ı is reached. Cover dowel with a spiral of fuchsia glued in place.

ke two top tassels as pre- y described. Cut six of cord 20 inches long. center with a cord six to inches long. Run ends up gh tassel and out top. To attach tassels to ends of sinnets, run ends of sinnet cords down into tassel and ends of tassel-holding cords and filler-holding cords into sinnet.

NOTE: no instructions have been given for the spiderweb design shown on page 60. This is a highly individual example of macrame that illustrates how you can incorporate knotting with natural "found" objects. Use the natural material as your base, then improvise with the knots you've learned.

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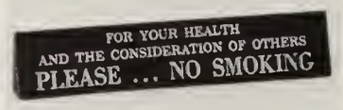
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By Margaret Daly



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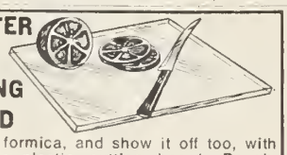
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Goblets of hand-carved Teakwood actually make wine taste better! Made by Thailand craftsmen of wood from the Teak Tree, the oils make the wood impervious to water action. Become more beautiful with age. #3541, $4.98 each postage paid. #3625, four: $17.98 ppd. Dione Lucas Gourmet Center, Dept. BH-2, 226 E. 51 St., New York, N. Y. 10022.



Cheery marker

What could be nicer than to say "Have a Nice Day" to whomever comes into your office. Make people instantly happier. Gold engraved letters are handsome and impressive in solid walnut. Order style GJ for desk; style GWJ for wall. $1.95 each, plus 45c postage. Order from Spear Engineering, 3041 Spear Bldg., Colorado Springs, Colorado 80907.



Beethoven's 5th decanter

Pour your favorite private stock from this clever decanter shaped like a cello. There's a special surprise: the strains of Beethoven's 5th Symphony play as you pour. Makes a perfect gift for a music lover! Ceramic. Holds full 1/5th gallon. $5.98 each plus 35c postage. Order from Greenland Studios, 7305 Greenland Building, Miami, Florida 33054.



World's warmest hat!

Dapper Alpaca Swiss Alpine hat is great for the cold and snow. Made of soft, furry 100% Alpaca, it's lined with satin and trimmed with luxurious velvet cord. For men, women, and children. Gals wear it as a cloche. In loden (green-brown) and black. Specify head size and color. $7.98 ppd. Hobi, Dept. BH-2, Engel St., Hicksville, New York 11802.



Family tree chart

Designed to take your lineage back to your great-grandparents, chart clearly shows relationship of uncles, second cousins, etc. Quality heirloom antique parchment is 21" x 34". Spaces provided for over 250 names of relatives. In storage tube for permanent protection. $1.98 + 35c post. Harriet Carter, Dept. BHG, Plymouth Meeting, Pa. 19462.



Horse jewelry

Delight a young lady with this charming bracelet-and-pins set. Silver finished bracelet has five horses, is 5/8" wide. Comes with a pair of horse pins. Will highlight any outfit; any Miss who loves the outdoors will want them too. Order several sets for gifts. $4.95 a set + 25c post. J. W. Holst, Dept. BG-2, 1005 East Bay St., East Tawas, Mich. 48730.

Continued

THIS WOMAN IS REDUCING HER WAIST, TUMMY, HIPS AND THIGHS

with the Fabulous New *SAUNA BELT*™

TRIM-JEANS

The Amazing Space-Age Slenderizer that is so sensationally effective it is...

GUARANTEED TO REDUCE YOUR WAIST, TUMMY, HIPS, AND THIGHS A TOTAL OF FROM 6 TO 9 INCHES IN JUST 3 DAYS OR YOUR MONEY REFUNDED

Here is how it works:



Mrs. Linda Saatsaz has slipped into her trim-jeans and is inflating them with the handy little pump provided. She is now ready to perform her 'Magic Torso' movements, an exercise program designed specially for trim-jeans.



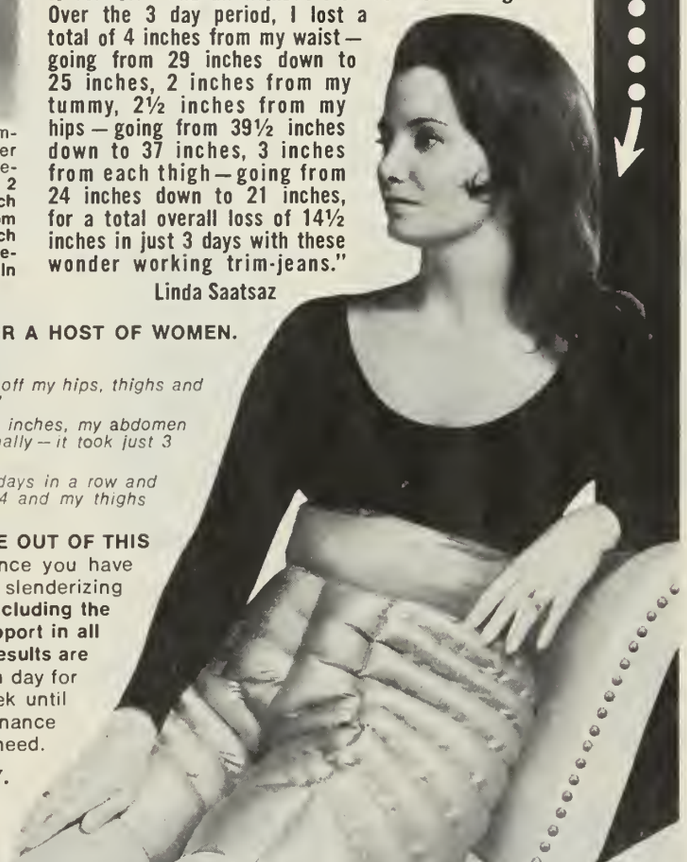
After a few pleasant moments — about 10 minutes or so — doing her 'Magic Torso' movements, Linda is now relaxing for an additional 20 minutes while keeping her trim-jeans on. That is all there is to it.



Linda now slips her trim-jeans off and checks her 'after' measurements. Remarkable! **Linda lost 2 inches from waist, 1 inch from tummy, 1 inch from hips, 1½ inches from each thigh for a total measurement loss of 7 inches in just 1 brief session.**

"I actually lost 7 excess inches during my very first session with this incredible slenderizer and the inches came off just where I needed to lose them. I went through the program again on each of the following 2 days and the inches continued to roll off — and all without the need for dieting. Over the 3 day period, I lost a total of 4 inches from my waist — going from 29 inches down to 25 inches, 2 inches from my tummy, 2½ inches from my hips — going from 39½ inches down to 37 inches, 3 inches from each thigh — going from 24 inches down to 21 inches, for a total overall loss of 14½ inches in just 3 days with these wonder working trim-jeans."

Linda Saatsaz



THIS SUPER PRODUCT IS PRODUCING SUPER NEW SLENDERIZING FOR A HOST OF WOMEN. HERE ARE JUST A FEW:

Miss Penny Dix: *"I used the trim-jeans just 3 times and took a total of 11½ inches off my hips, thighs and middle — 7 inches the very first day. No dieting and my figure has never looked better."*

Mrs. Mary Lou Wilhelm: *"Following the trim-jeans program, I reduced my waist 2½ inches, my abdomen by 2 inches, my hips by 2 inches and my thighs by 2½ inches each — I ate normally — it took just 3 days — and the inches have stayed off."*

Miss Carol Arrighi: *"I used your marvelous trim-jeans a few minutes a day for 3 days in a row and reduced my waist from 26 to 24, my tummy from 31 to 29, my hips from 36 to 34 and my thighs from 23 to 21. My new measurements are just perfect for my height."*

TRIM-JEANS — THE SPACE AGE SLENDERIZER WITH RESULTS THAT ARE OUT OF THIS WORLD. The trim-jeans are a marvel of ease, comfort and efficiency. Once you have slipped them on, you are ready for the most astounding experience in rapid slenderizing you have ever known. **Only trim-jeans has the unique features of design, including the exclusive super sauna-lock that permits the constant snug fit and solid support in all 4 areas — waist, tummy, hips and thighs — without which truly sensational results are not possible.** We recommend that the trim-jeans be used a few minutes each day for 3 days in a row when you first receive them and then several times a week until you have achieved your maximum potential inch loss. After that, for maintenance you can use the trim-jeans about twice a month or as often as you feel the need.

THE MOST REVOLUTIONARY GUARANTEE IN SLENDERIZING HISTORY. So many users of the trim-jeans obtain 'instant reducing' — are inches slimmer, inches trimmer in from just 1 to 3 sessions with this super slenderizer — **are actually losing as much as a total of 7 or more inches from their waists, tummies, hips and thighs in just 1 session and up to 14 or more inches from 3 sessions.** This principle produces really fantastic results. There may be variations of speed and/or degree of results due to individual differences in metabolism and body response. Not everyone may lose 7 inches in just 1 session and 14½ inches in 3 days but remember this: No matter what your metabolism, no matter what your body type, **if you do not lose a total of from 6 to 9 inches from your waist, tummy, hips and thighs in just 3 days, you may return the trim-jeans and your entire purchase price will be immediately refunded.**

THE AMAZING TRIM-JEANS TAKE OFF INCHES WHERE THEY NEED TO COME OFF. Your trim-jeans are designed to give you just the reducing effect you need where you need it... and the price of the trim-jeans is just $13.95 and each pair carries a FULL MONEY BACK GUARANTEE. Here is the slenderizer supreme — trim-jeans — which we sincerely believe to be the easiest fastest, most convenient, most sensationally effective waist, tummy, hip and thigh reducer ever discovered — with the most revolutionary guarantee in slenderizing history. So if you want trimmer, slimmer, sleeker measurements and you want them now, send for your trim-jeans today.

TRIM-JEANS, P. O. Box 3984, Dept. BH-13, San Francisco, CA 94119

Please send me ____ Sauna Belt trim-jeans along with complete easy to use instructions, including the 'Magic Torso' Exercise Program. I understand that if I do not lose a total of from 6 to 9 inches or more off my waist, tummy, hips and thighs in just 3 days I can return the trim-jeans to Sauna Belt Inc. and receive my money back.

For each Sauna Belt trim-jeans and complete instructions I enclose $13.95.

Cash ☐ Check ☐ Money Order ☐ (No COD's)

If you desire *RUSH* Air Mail, add $1.25 for each trim-jeans.

Woman: Waist size _____ Hip size _____

Man: Waist size _____ Hip size _____

Name _____

Address _____

City _____ State _____ Zip _____

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GOURMET CENTER, INC.
Dept. M-21 226 East 51st Street
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"CALICO" PATCHWORK TABLECLOTHS

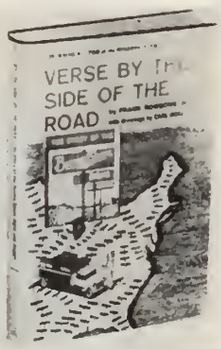
Reminiscent of pioneering days in appearance but have a modern improvement—they wipe clean. Heavy vinyl cloths are made in bright & gay colors and are fully quilted just like grandma's old bed blanket.

52" x 52" $3.98 **52" x 70" $5.98**
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Add 75¢ Post. per order

MONEY BACK IF NOT DELIGHTED

HARRIET CARTER Dept. BHG-271 Plymouth Meeting, Pa. 19462



the Story of the Burma Shave Signs

Remember Burma-Shave?

Enjoy a bit of nostalgia with this marvelous collection called "Verse by the Side of the Road". All 600 verses (illustrated), it's the story of the Burma-Shave signs and jingles that for years made motor travel extra fun. Makes a handsome gift—it's a hardbound beauty. Will delight everyone. **$4.95** ppd.

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Beautifully hand woven of natural rattan. Completely wired with on-off switch. U.L. approved. 9 ft. rattan chain & bracket. Shade is 9" dia x 7" **$8.95** plus $1.00 postage. Painted white, yellow, pink or orange add $2.00. Send 25c for catalog. Visit our warehouse showroom.

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We'll send you a packet of Super Giant Zinnias in mixed colors AND a packet of finest Asters in mixed colors — a 40¢ value — for just one dime! A 75% saving. Don't put it off — limit: 1 per customer.

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Heavy-duty stack tables

Handsome pine tables dou seats. Crafted with reinforce and birch legs. Useful as sn end tables, great for extra c ny. Stack for space savi honey tone or maple, antiqu or walnut finish. 16¼" h. wide. $7.95 ea. ppd. Add 5 W. of Miss. Three: $19.95 Add $1 W. of Miss. Yield H D2, No. Conway, N. H. 0386



Wigwam & war outfit

For your Indian tribe, here's sq.-ft. tent, 6-feet high, tha kids reenact exciting Indian Rubber-tipped poles; easy semble. With rubber toma bow and arrow; headdress; toxic, washable war paint. thing for whooping it up. $3 62c postage. From Spartan Co., Dept. BH2, 26 So. Sixth Yonkers, N. Y. 10551.



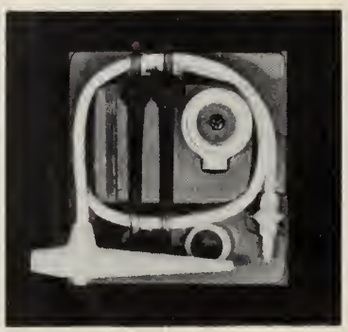
Doll-size sterling tea set

What a way to start an hei collection—your little gir thank you! Mini size sterli set is delicately hand-wr Tray measures 4¼" from h to handle, holds petite coff teapot, sugar-bowl, creame movable tops capped wit quoise stone. $9.98 + 65c The Palm Co., 7306 Gree Bldg., Miami, Fla. 33054.



Romantic "diamond" he

For yourself—or that s someone—make Valentine' all year 'round! Delicately c in 14-kt white gold, pendant with 22 dazzling, man Strongite stones. Guara against chipping and scrat $60 ppd. Free catalog of j for men and women on re The Strongite Co., Dept. BH W. 47th St., N. Y., N. Y. 1



Care-free dental health

New, completely non-electri ter toothpick is the most eff way to fight cavities and pr tooth decay. Removes foo ticles a toothbrush can't gives healthful cleaning tha tists recommend. Attaches to any water faucet, and it's pact for easy storage. $6.98 $13.85. Collier's, Box 585, HE-271, Skokie, Ill. 60076.

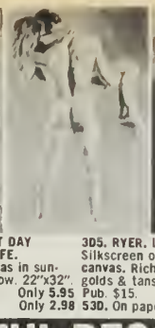
Continued



265. MONET. RED POPPIES. Silkscreen on **artist canvas.** French masterpiece in rich sunlight tones of green, blue, red. 19"x24". Pub. @ $25. SPECIAL ONLY 2.98



37D. TODAY IS THE FIRST DAY OF THE REST OF YOUR LIFE. Silkscreen on **artist canvas** in sunlight reds, orange & yellow. 22"x32". Pub. $12. Only 5.95
6D8. On paper. Pub. $6. Only 2.98



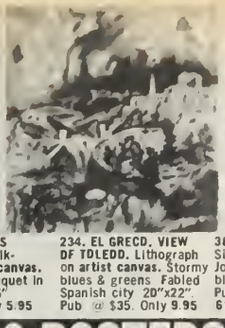
3D5. RYER. LOVERS. Silkscreen on artist **canvas.** Rich browns, golds & tans. 18"x29". Pub. $15. Only 5.95
53D. On paper. 2.98



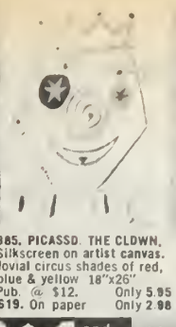
278. PICASSO. THE OLD GUITARIST. Silkscreen on canvas. Blues, greens. 18"x26" Pub. @ $15. Only 5.95
514. Paper. Only 2.98



312. PICASSO. LES PETIT FLEURS. Silkscreen on **artist canvas.** The immortal bouquet in full color. 20"x26" Pub. @ $12. Only 5.95



234. EL GRECO. VIEW OF TOLEDO. Lithograph **on artist canvas.** Stormy blues & greens. Fabled Spanish city. 20"x22". Pub @ $35. Only 9.95



385. PICASSO. THE CLOWN. Silkscreen on artist canvas. Jovial circus shades of red, blue & yellow. 18"x26" Pub. @ $12. Only 5.95
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247. PICASSO. BLUE NUDE. Silkscreen on artist canvas. Soft blues and grays with black lines. 16"x20". Pub @ $12. Only 5.95
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258. REHDIR. BDY. Silkscreen on **canvas.** Color. 18"x23". Only 1.DD



VAN GOGH. SUN-ERS. Silkscreen **canvas.** Vibrant e of yellows s & browns. 20"x26". @ $17. Only 6.95



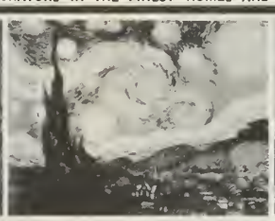
266. REMBRANOT. MAN IN A GOLDEN HELMET. Silkscreen on artist canvas. Browns, golds & black. 20"x27". Pub. @ $10. Only 5.95



261. PICASSO. DON QUIXOTE. Silkscr. on **canvas.** Stirring tribute to the Man of La Mancha in black and white. 18"x24". Pub. @ $7.5D. Only 2.98



344. HUG. TIGER. Lithograph on artist canvas. Shades of brown, tan & yellow on red background. 22"x28". Only 5.95
576. On paper. Only 2.98



271. VAN GOGH. STARRY NIGHT Silkscreen on **artist canvas.** Brilliant landscape of towering cypress trees against swirling starlit sky. Dazzling blues greens purples & yellow stars. 18"x24". Pub. @ $35. Only 9.95



295. RYER. SEATED NUDE. Silksc. on **canvas.** Browns, golds & yellows. 20"x32". Pub. @ 15. Only 5.95
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237. UNICORN IN CAPTIVITY. Silkscreen on artist **canvas.** Red, green & orange. 19"x28". Pub. @ $15. Only 5.95
171. On paper. Only 2.98



280. PAIR OF MATISSE MURALS. Silkscreen on **artist canvas,** of the brilliant contemporary composition. Brightly colored. Each mural 13"x 28". Pub. @ $18. The Pair 6.95
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264. MONET SUN-FLOWERS. Silkscreen on artist canvas. The classic still life in lush colors. 19"x24". Pub. @ $20. Only 6.95



ATISSE. THE S. Silkscreen on **canvas.** Bright reen brown red & black. 24"x30". $18. Only 6.95



365. RUBENS. HEAD OF A NEGRO. Lithograph on artist **canvas.** Mellow golds & browns. 18"x24". Pub. @ $15. Only 5.95



393. PICASSO. DOVE. Silkscreen on artist canvas. The animated drawing outlining the beautiful bird in flight. Soft blue lines with a sprig of green. 2D"x26". Only 5.95



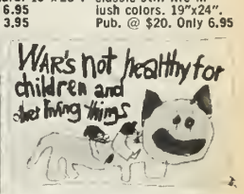
285. HUG. THE LEOPARD. Lithograph on artist canvas. The magnificent feline in golden shades of brown, tan, yellow. 22"x28". Only 5.95
511. On paper. Only 2.98



269. MONET. REGATTA AT ARGENTEUIL. Silkscreen on artist canvas of the Impressionist marine setting. White sails against an undulating sea of soft blues, with variations of red and green. 18"x 27". Only 6.95

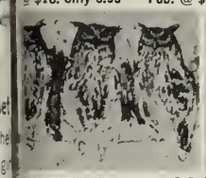


282. HUG. THE CAT Lithograph on artist canvas. The beautiful Siamese in golden shades of brown, tan, yellow. 22"x28". Only 5.95
5D8. On paper. Only 2.98



196. WYETH. CHRISTINA'S WORLD. Collotype from the Museum of Modern Art on fine art paper. Girl in open field of grass in harvest colors. Classic American Art. 28"x40". Only 7.5D

371. WAR'S NOT HEALTHY FOR CHILDREN & OTHER LIVING THINGS. Silkscreen on **artist canvas.** Sparkling red, yellow & magenta. 22"x32". Pub. @ $12. Only 2.98
61D. On paper. Only 1.DD



UG. THE OWLS. raph on artist canvas. shades of golden with tan, beige and . 22"x28". Only 5.95 paper. Only 2.98



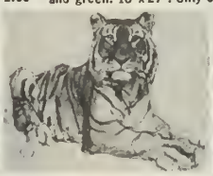
21D. RUBENS. ARTIST'S SON, JEAN. Silkscreen on **artist canvas.** The profound portrait in full color. 14"x 17". Only 5.95
112. On paper. Only 2.98



528. BEH SHAHN. POSTER. Black & brown on fine white paper. 30"x45". Special 3.95



367. MILLET. THE ANGELUS. Lithograph on **artist canvas.** From the Louvre. Faithfully reproduced in the true colors. A serene homage to man's inner strength. 20"x24". Pub. @ $2D. Only 6.95



283. HUG. THE TIGER. Lithograph on artist canvas. The magnificent feline in golden shades of brown, tan, yellow. 22"x28". Only 5.95
5D9. On paper. Only 2.98



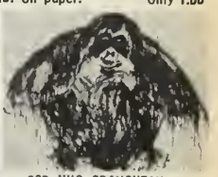
366. MILLET. THE GLEANERS. Lithograph on artist canvas. A moving French masterpiece from the Louvre in glorious harvest colors. 18"x24". Pub. @ $2D. Only 6.95



389. PICASSO. LA JEUNE FILLE. Silkscreen on canvas. Black and white. 16"x20". Pub. @ $7. Only 2.98



391. KLEE. TREPIDATION Silkscreen on canvas of whimsical figures. Black, white & grey. 18"x 24". Pub. @ $12. Only 5.95
624. On paper. 2.98



36D. HUG. ORANGUTAN. Lithograph on artist canvas. Brilliant shades of orange and gold with strokes of black. 22"x28". Only 5.95
6D1. On paper. Only 2.98



ONET. WATER LILIES. en on artist canvas y shades of purple r & blue. Impres- masterpiece. 22"x22" $20. Only 6.95



3D8. PICASSO. FEMME. Silkscreen on artist canvas of amusing drawing. Black on white. 16"x2D". Pub. @ $7. Only 2.98



343. HUG. CHEETAH. Lithograph on artist canvas. In shades of brown, yellow & tan. 22"x28". Only 5.95
575. On paper. 2.98



277. RDUSSEAU. VIRGIH FOREST AT SUHSET. Silkscreen on **artist canvas.** Bold jungle colors featuring strong greens clear yellow & sun orange. 20"x28". Pub. @ $23. Only 7.95



388. RAPHAEL. STUDY OF DAVID. Lithograph on canvas of Michelangelo's statue. Beige. 17"x32". Only 5.95
622. On paper. Only 2.98

317. PEREIRA. LANDSCAPE OF THE ABSOLUTE. Silkscr. on artist canvas of the modern masterpiece. In ethereal variations of soft subtle blues. 20"x 25". Only 9.95

345. HUG. PUMA. Lithograph on artist canvas. A docile study in warm tones of tan, brown, yellow & green. 22"x28". Only 5.95
577. On paper 2.98

618. HO MAN CAN LIVE WITH THE TERRIBLE KHOWLEDGE HE IS NOT HEEDED. Lithograph poster on fine art paper. Black & white. 23"x35". Pub. @ $8. Only 1.98

252. PICASSO. THREE MUSICIANS. Silkscreen on **artist canvas** Cubist masterpiece in strong & muted colors. 22"x24". Pub. @ $18. Only 5.95

H GOGH. CAFE AT Silkscreen on **nvas** in Van lazzling palette olors. 19"x24". $20. Only 5.95

313. PICASSO. DANCE OF PEACE. Silkscreen on **artist canvas.** A bright carousel of color. 20"x26" Pub. @ $12. Only 5.95
627. On paper. Only 2.98

284. HUG. THE LION. Lithograph on artist canvas. The magnificent beast in tans, browns and yellow. 22"x28". Only 5.95
510. On paper. Only 2.98

394. PICASSO. MOTHER AND CHILD. Silkscreen on artist canvas. In black, yellow, green & blue. 16"x20". Pub. @ $10. Only 4.95

387. PICASSO. BLUE NUDE. Silkscreen on artist canvas. Shades of blue. 18"x24". Pub. @ $12. Only 5.95
621. On paper. 2.98

2D6. FRIEZE FROM A CHINESE TOMB. Silkscreen on artist canvas. 2000 years old. Red & beige. 14"x5D". Pub. @ 17. Only 5.95

2D1. CRETAN BULL DANCERS. Silkscr. artist canvas. Full color. Pub. @ $2D. Only 6.95. **1D3.** On rag paper. Only 3.95

ASSD. MATERNITY. n on artist canvas t blue, black & les. 15"x2D" 20. Only 5.95 paper. 2.98

198. SUPPOSE THEY GAVE A WAR. Silkscreen on paper. Dayglo red & black. 25" x 38" Only 2.98

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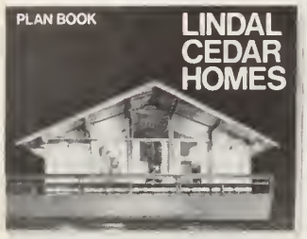
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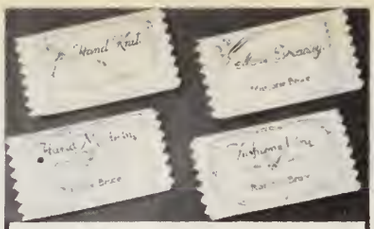
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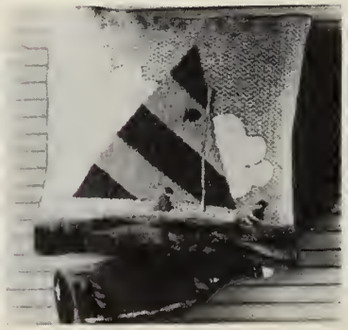
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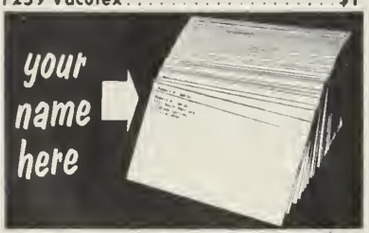
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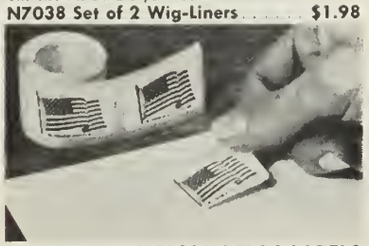
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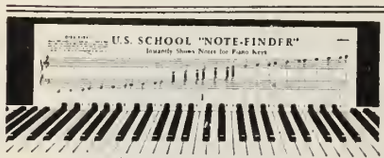
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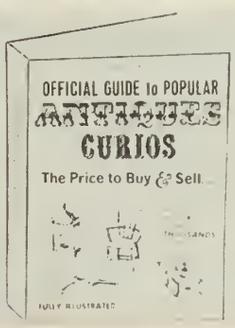
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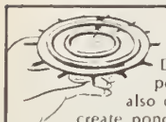
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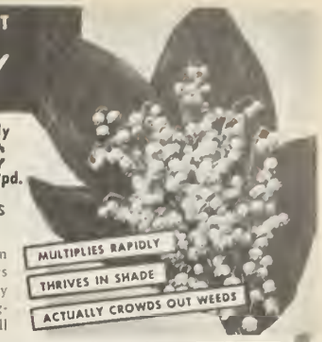
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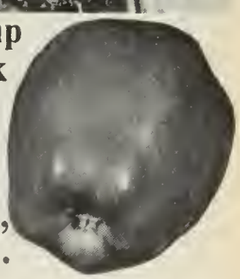
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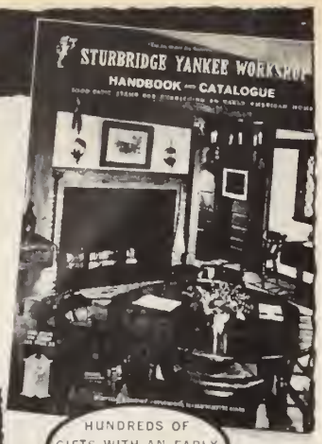
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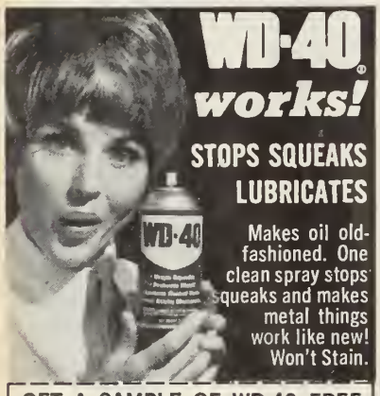
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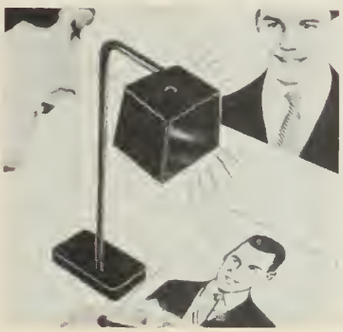
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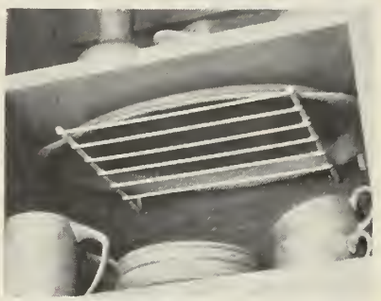


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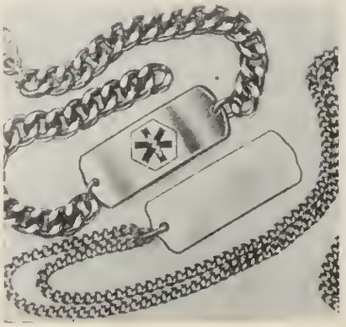
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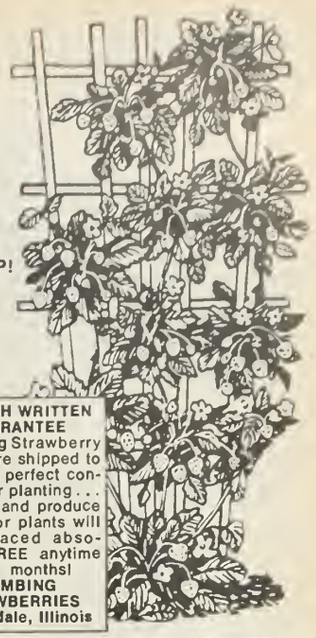
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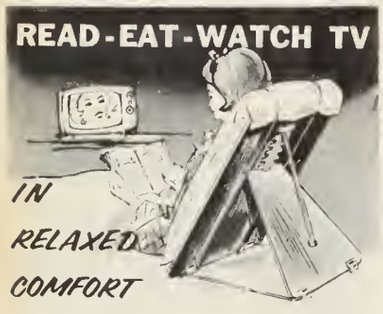
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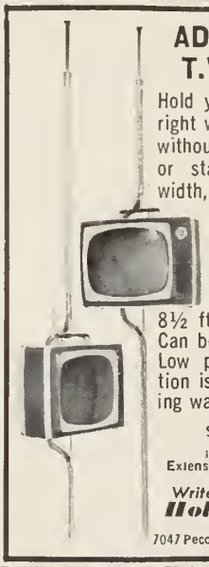
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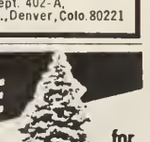
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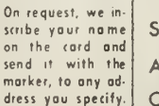
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FAST SERVICE — WE SHIP IN 48 HOURS ★OUR 22ND YEAR★

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WE GIVE S&H GREEN STAMPS

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On request, we inscribe your name on the card and send it with the marker, to any address you specify.

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The man next door®

Grumpy Ned Carter doubts he will receive any Valentines in the mail this year, but he says if he does they'll probably arrive with postage due.

Burt, Jr., shares his generation's commendable interest in the environment, but he is unable to persuade his mother that hanging up his clothes would disturb the ecology of his room.

I was downstairs at my workbench the other evening when a mouse crawled out from under a pile of wood. He looked at me, then casually went about exploring, apparently convinced I wouldn't report his presence to the more excitable members of the family.

Chris attended a lecture by an interior decorator who said the furnishings of every home should have a theme. She has decided the theme that ties our decor together is survival.

Our two younger children can't understand why Rosemary said the last snow wasn't any good for building a snowman when they asked her for help—but it was just right when her current boyfriend suggested the same project.

How can anyone object to the beard of the new man in our office when his desk sits right under the splendidly whiskered portrait of Our Founder?

Christine's goal is to make sure the children have written all their Christmas thank-you notes before the first crocus peeps forth.

Bill Norman, discharged from the Army 25 years ago, says it took him until now to face creamed chipped beef on toast.

When teen-age Rosemary heard I was having lunch with a distinguished guest, she begged me to get his autograph. But her enthusiasm dropped to zero when she found out it was the chief justice of our state supreme court, and not a real VIP, like a disc jockey.

Judy and I made our annual midwinter visit to the zoo. There's not much to see, but she feels the animals must be terribly lonesome this time of year.

Dad Hillis says experience has taught him that a good listener is not only popular, but after a while he also knows a few things.



"Stay inside more and get some fresh air."



"Stand fast, old world! Don't buckle, proven methods! Hang in, old institutions!"

"Money isn't everything," remarks Paul Vernon, the vice-president of our bank, as he cheerfully hands out transistor radios, umbrellas, and electric toasters to new depositers.

It takes a lot of clocks to run our house. I have no idea exactly how many, but most of them are electric and they go about performing their jobs accurately and silently. About the only time we pay much attention to them is when the utility company stages one of its infrequent power failures.

But I have to confess my favorite timepiece in our house is one which must be wound once a week and reset daily if you want much accuracy.

It sits proudly on the mantel, a bit worn looking, with the gold paint chipped away in spots. The clock was in my grandparents' parlor when I was a boy, and I remember how impressed I was when Grandfather wound it with the big brass key.

Now it's my responsibility to wind the clock. I don't know of anything that can equal this simple act of stewardship for giving me the feeling, if only an illusion, of being the absolute head of the Hillis household.

Maybe I read too much into it, but I am struck by the continuity this clock represents—the hours it has ticked away for at least three generations of my family.

The children pay little attention to my performance and never discuss it. But I think Christine understands something of what I am thinking. At least when I close the round glass door and glance at her, she gives me a smile of amused perception.

Burton Hillis

CIRCULATION 7,777,777
March 1971 50¢

Better Homes and Gardens

SEAFOOD PRIMER
A bounty of recipes—fresh, frozen, and canned

How to spot the sure signs of car trouble

Sewing: put new life into ordinary furniture

A guide to family vacations along America's wilderness waterways



Our choice of the COLORFUL NEW FLOWERS

Plus landscape ideas that let you work less and relax more

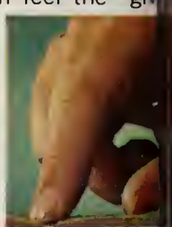


A new kind of floo from Armstrong.

When it cushions like carp and cleans like vinyl you're on Easy Street.

Welcome to Easy Street—a new k of Armstrong floor. Vinyl on top, fo cushion underneath.

You feel softness with every step Easy Street, because it has an extra-s extra-thick, foam-cushion backing. W you step down, you can feel the "giv When you lift your foot, Easy Street springs back. Just like carpet does.



But there's a side to Easy Street that no carpet can match.

The top side.

Easy Street's surface is tough, durable, nonporous vinyl. It wipes sparkling cle with a damp mop or sponge. (There a no seams to catch dirt, either. Easy Str comes in rolls 12 feet wide, so it will practically every kitchen in one unint rupted piece.)



You have your choice of four dramat designs. And there's a wide range of col to fit any decor.

To learn all about Easy Street ar other great Armstrong floors, write for free full-color booklet: Armstrong, 710 Elm St., Lancaster, Pa. 17604.

Better yet, call this toll-free numbe 800-243-6000 (in Conn. 800-942-0655 and ask for the name of a nearby deal who sells Easy Street. He can show y what life on Easy Street is really like.

EASY STREET

VINYL FLOORS BY
Armstrong

CREATORS OF THE INDOOR WORL



THE "PRECIOUS PRETENDERS" COLLECTION BY AVON.

BURLINGAME
MAR 13 1971
LIBRARY

Exclusively designed.
Beautifully crafted.

oducing the first jewelry collection signed by Avon.



That's right. Jewelry—from the same lady who brings you Avon perfume and makeup and bath luxuries. Jewelry—skillfully crafted, richly detailed, and just the newest way Avon helps you look most beautiful. Jewelry—created with such quality and good taste, it's perfect for gift-giving, too. Ask to see the Precious Pretenders Collection. And try it on, when your Avon Lady calls.

AVON

ROCKEFELLER PLAZA, NEW YORK. ©1971 AVON PRODUCTS, INC.



This is the disposer that thinks with its head.



This is the KitchenAid Superba food waste disposer. It's a batch feed model. So you can't start it until the top is in place. Then, it starts itself. Thanks to our exclusive Magnetouch® automatic magnetic start, located in its head.

It's almost impossible to accidentally start this disposer. It's also difficult to accidentally stop it with food scraps. Like chicken bones, corn husks, or artichokes. Because if a jam ever occurs, this disposer unjams itself automatically.

Because it works with its mouth shut, it's safer. You can't accidentally drop something into the disposer while it's running.

Isn't it nice to meet a machine with the guts to tackle a tough job and the brains to do it right? See your KitchenAid dealer. He's in the Yellow Pages. Or write KitchenAid Disposers. Dept. 1GC-3, The Hobart Manufacturing Company, Troy, Ohio 45373.

KitchenAid®
Dishwashers and Disposers
Hot-water Dispensers

Better Homes and Gardens®

THE IDEA MAGAZINE FOR BETTER HOMES AND FAMILIES — MARCH, 1971; VOL. 49, NO.

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Eliminates cooking odors
LYSOL Spray seeks out and eliminates odors in the air. Doesn't cover them like perfumy sprays. It has a fresh, clean scent that never lingers.



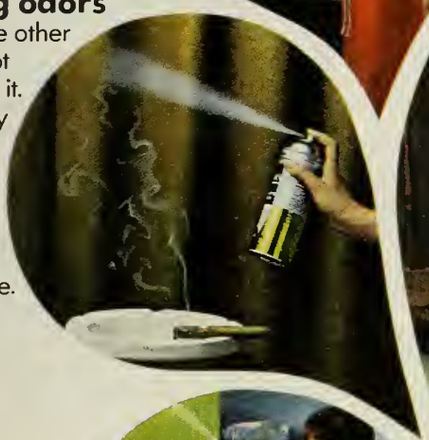
Kills germs that cause odors
Germs can cause odors in many places throughout the house. Places like garbage cans, diaper pails, laundry hampers. LYSOL Spray kills germs that cause odors when sprayed on surfaces.



Stops mildew
LYSOL® Brand Spray Disinfectant stops mildew and mildewy odors. So spray under sinks, around showers and tubs, other finished surfaces.



Smoking odors
Smoke is like other odors except you can see it. LYSOL Spray cleans it out of the air—just like it cleans the air of odors you can't see.







All sorts of odors
Use it in your bathroom, dining room, living room, kitchen—all over the house—to get rid of all sorts of odors.



Freshens your bed
Once over lightly with LYSOL Spray keeps your bed smelling fresh and clean.

Cleans odors out of fabrics
LYSOL Spray eliminates odors that cling to fabrics. It's like giving fabrics a good airing. Freshens drapes, linens, rugs, clothes, upholstery.



The spray that does it all

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GOOD NEWS

DUANE L. GREGG New Products Editor
and Douglas M. Lidster Associate





Full-depth panel door is now available for little more than you'd pay for a quality flush door. And this door will never be afflicted with shrinkage, split panels, separated glue joints, warping or cracked paint.

The one-piece surface of the door is molded of wood fibers bonded together under high pressure. The finished surface is bonded to a wood frame to complete the door. The dense surface is dent- and mar-resistant and pre-primed ready for finishing with any quality paint.

Caradco Interior Molded Panel Doors available in all popular sizes at building materials dealers. Caradco Div., Scovill Mfg. Co., Dubuque, Iowa 52001.



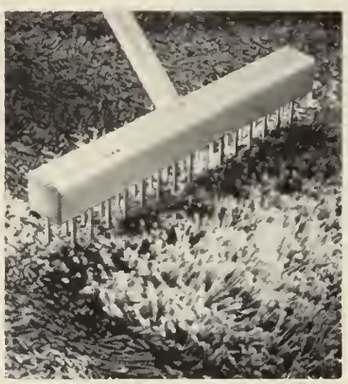


The translucent beauty of natural marble, with none of its shortcomings, is now available in a man-made material.

The tough nonporous acrylic substance is warm to the touch and resists staining, chipping and cracking. Color and veining extend through the material so there's no applied surface to wear away. Scratches or burns can be removed with a mild abrasive cleaner.

The material can be cut, drilled and shaped with conventional tools but carbide cutting edges are recommended for maximum tool life.

DuPont Corian available in several sizes of one-piece "vanitory" tops and in two sheet thicknesses for tub and shower enclosures. For additional information, write DuPont, Building Products Division, Wilmington, Del. 19898.



Carpet rake restores matted shag and plush rugs and carpets to their original depth, makes them look new again.

Just pull rake across the carpet with moderate pressure. The smoothly machined metal tongs set in the hardwood head gently lift carpet loops and nap without catching or otherwise damaging the carpet.

Rak-A-Shag Carpet Rake $4.95 at carpet stores or ppd. from mfg. Eberline Products, Box 205, Trenton, Mich. 48183.



Share your snapshots with a group rather than passing them around for individual viewing. This unique snapshot viewer projects 3½-inch-square pictures on its own 10x10 screen.

A single control lever turns unit on and changes prints being viewed. No focusing or other adjustments needed.

Up to 40 prints, color or black and white, can be shown without reloading. Storage compartment in the rear of the unit holds 150 extra prints.

General Electric Print Viewer $69.95 in photo depts. General Electric Co., #263 Nela Park, Cleveland, Ohio 44112.

Clean uncluttered lines of this AM, FM, FM/Stereo tuner blend into any setting.

Front panel of the tuner is dark transparent acrylic. Dials are illuminated to show through the upper portion when the unit is turned on. The lower portion opens for access to controls.

Each of the pedestal-mounted boxes contains a 5¼-inch air-suspension speaker. No matter where they're placed, they disperse evenly balanced true stereo sound in all directions, to all parts of the room.

The tuner is slim enough to fit on a shelf and has accessory jacks so the unit can become the core of a complete component system.

Aspra 7000 Stereo Radio with Speakers $189.95. Magnavox Company, 345 Park Avenue, New York, N. Y. 10022.

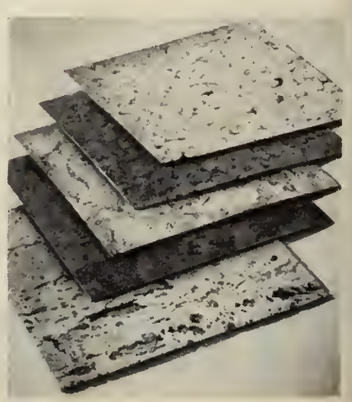
Decorative cork tiles add interest to a room, reduce the noise level and require practically no maintenance.

The 12x12 tiles are easy to install over any dry, dust-free surface. Can be applied with contact cement or paneling adhesive. No special installation tools are required.

Tiles come in a wide range of colors and textures, and are available in several different thicknesses.

Expanko Decorator Cork Wall Tile from under $1 per sq. foot. For nearest dealer, write Expanko Cork Co., Inc., West Chester, Pa. 19380.

Continued





Don't put your reputation on the spot.

Get the spotless Cascade look.

Cascade has Chlorosheen. And Cascade—the best dishwasher detergent you can buy—makes water flow off dishes in clear sheets. Result? Drops that spot don't form. Dishes dry wonderfully free from embarrassing spots or streaks. Try Cascade and prove to yourself it's unbeatable.

Cascade eliminates drops that spot.

Showmanship in craftsmanship by Henredon.

You'll find one beautiful similarity in all Henredon furniture no matter what its style—quality. Quality you can achieve only with the finest hand-craftsmanship. So whether you select an elegant sweep of sofa from the Upholstered Furniture Collection or the classic curves of a drop-leaf desk from Folio Ten, be assured that each is superbly constructed. With every consideration given to detail. Be it built-in comfort, a choice of a thousand fabrics, or a wide range of wood finishes that complement any decor. To see the craftsmanship of both collections, send $1.00 for brochures to Henredon, Dept. BHG 3-71, Morganton, North Carolina 28655.





Henredon



Versatile electric tractor is the heart of a complete yard maintenance system.

The tractor is propelled by a 36-volt DC motor. Batteries operate the unit for about six hours and can be fully recharged in less than five on a 110-volt, 15 amp outlet.

Mower, snowblower and tiller are powered by their own motors which draw power from the tractor battery pack. Power outlet lets you use special chain saw, trimmer, drill and other tools from tractor power supply. Optional power converter accommodates conventional 110-volt power tools.

Motor maintains speed setting when going downhill. As it brakes the tractor, it acts as a generator, pumping power back into the batteries.

Mower blades stop when you flip a switch or leave the seat. You can't start the mower again until you're reseated and manually reset controls.

Electrak Electric Tractor from about $1400 at authorized dealers. General Electric Co., OPEO, 702 Corporation Park, Scotia, N. Y. 12302.



These prismatic binoculars are rugged enough to take along on any family outing.

Body is molded fiber glass, sturdy enough to take hard knocks, yet the binoculars weigh only 12 ounces. The fully sealed unit is buoyant enough to float.

Optical surfaces are coated for maximum light transmission. Thumb focus makes it easy to get a sharp image. Plastic lens caps eliminate the need for a carrying case.

Expo Binocular $29.95 in sports depts. Bushnell Optical Corp., 2828 E. Foothill Blvd., Pasadena, Calif. 91107.



Repair damaged vinyl quickly and permanently with this easy-to-use adhesive.

For small tears, apply adhesive to torn edges, butt together and secure with masking tape till dry. For best results on large repairs, insert a cloth patch under damaged area for extra strength.

Adhesive dries in 30 to 45 minutes, attains maximum strength in 12 hours. It's also excellent for leather goods.

Duro Formula-V Clear Vinyl Adhesive $1.49 per 1¾ oz. tube. Woodhill Chemical Sales Corp., Cleveland, Ohio 44128.

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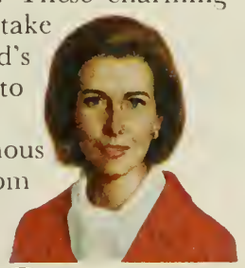
Special Offer



Betty Crocker Storybook Dinnerware

know all you mothers, grandmothers, godmothers and s won't want to miss this opportunity to delight the chil- in your lives with our captivating *Storybook* Dinnerware Oneida.

hoose mischievous Peter Rabbit and friends, or Goldilocks the curious Three Bears . . . or both! These charming es are crafted of durable Melamine, to take requent use and rough handling a child's y own dishes" frequently receive. And to plete the picture, we'd like to suggest a ce child's personal place-setting in famous ida Community stainless in patterns from Coupon catalog. Orders received by ch 22 will be sent in time estive Easter dining!



Betty Crocker

You'd expect to pay $5.50 in stores for a 4-piece child's dinnerware set of this quality. Yours for only $3.50. Both designs are color-coordinated to match all patterns in the adult Melamine line offered in the Betty Crocker Coupon catalog.

The 3-piece child-sized stainless flatware set shown above is available in your choice of four favorite patterns: *Chatelaine*, *My Rose*, *Twin Star* or *Satinique*. Price per set only $1.50!

With your order, you'll also receive our Coupon catalog showing these and over 200 other items available with Betty Crocker coupons. Coupons come with more than 100 General Mills products . . . Gold Medal Flour, Bisquick, Betty Crocker Mixes, Big "G" Cereals, and many others. Start saving today!



L. to R.: Chatelaine, Satinique, My Rose, Twin Star



GENERAL MILLS, INC.
Box 60-126, Minneapolis, Minnesota 55460

I enclose $_____ (check or money order). Please send me the items checked below. If not entirely satisfied with my order, I may return it within 10 days and my money will be refunded.

4-pc. Storybook Dinnerware Sets (plate, fruitbowl, cereal bowl, cup), $3.50 each. ____ "Peter Rabbit" set(s) ____ "Three Bears" set(s)

3-pc. Child's Stainless Sets (knife, fork, spoon), $1.50 each.
____ Chatelaine ____ Satinique ____ My Rose ____ Twin Star

Name_____

Address_____

City_____ State_____ *Zip_____

*To assure delivery, give your zip code. Offer limited to U.S. only. Expires May 17, 1971.

"Storybook Dinnerware"® 1970.





Get big sound from tape cassettes. This player has its own amplification system. Slip the compact recorder into the speaker box, and you get ten times the bass response possible using the player alone.

Indoors, set the unit in a corner with speaker facing the walls, and fill the room with sound. Outdoors, the unit has the power to project music for a whole group of picnickers.

Bass Boom Box complete with cassette player/recorder, microphone and earphone in three finishes $79.95 in stores. Bell and Howell, Consumer Electronics Div., 7235 N. Linder Ave., Skokie, Ill. 60076.



Hot meals stay hot no matter how long dinner is delayed. Just plug in power cord, preheat server for five minutes, then fill with hot food. Thermostat maintains temperature.

When it's time to serve, just disconnect the power unit and take the dish to the table. Special insulated walls keep the meal piping hot for up to 45 minutes.

Server has two-quart capacity and removable leakproof center divider to keep two different portions of the meal warm at once. Unit is Teflon coated for easy cleanup.

Stay Warm Serving Dish $20 in stores. Remington Div., Sperry-Rand, 60 Main St., Bridgeport, Conn. 06602.



Electronic automation eliminates guesswork from your photography. You can forget light meter reading and shutter settings. The electronic system in this camera determines and sets the correct shutter speed for perfect exposures.

Just focus and partially depress the shutter button. Red and yellow lights visible in both the viewfinder and on top of the camera body warn of possible over- or underexposure. If the red light goes on, use a smaller aperture. The yellow light means you'll need to either open the aperture or use the compact tripod.

Yashica Electro 35GT with carrying case and grip/tripod $142.50 at camera depts.



Twinkle® Brings back the wedding-gift shine.

Copper and silver are kind of special. Even when you buy them yourself—it's like getting a gift. And that's why they deserve to be taken care of with something a little special. *Twinkle.*

It has a special ingredient that does more than just remove tarnish. It makes copper and silver shine like new, long after it isn't.

Twinkle Cream for Silver. Twinkle Copper Cleaner. For the best shine possible.

®1971 Drackett Co.

VEGA. IT DOESN'T STAND ALONE.

One big difference between Chevy's new little car and other new little cars is that Chevy's new little car is actually two new little cars.

Also a new little wagon.

Also a new little truck.

What that means is, if you don't happen to be the 2-door sedan type, you can still find happiness in a Vega.

For example, you could go with our hatchback coupe, the sporty little blue job in the picture below. Sporty, but also very handy. The whole back end opens up and the back seat folds down so you can use about half the car for cargo if the occasion ever arises. And it probably will.

Then there's the Vega Kammback wagon. It has a personality all its own. It also has: bucket seats, a fully carpeted interior, our peppy overhead cam engine, front disc brakes, 3-on-the-floor, power ventilation, all standard.

The Vega panel truck has one seat and 68.7 cubic feet of loadspace inside of it. Which is a lot of loadspace for such a little truck.

Once you've looked around at other little cars, we think you'll find it's no problem choosing between a Vega and something else.

What's tough is choosing between a Vega and a Vega.

And a Vega.

And a Vega.

Your Chevrolet dealer can help.



GM
MARK OF EXCELLENCE

VEGA
CHEVROLET

Great kitchen floors you put down yourself.

$106 Roll out a stunning pattern. Roll out our Sears Footlights carpet and trim to fit. You can afford to, because you'll save by doing it yourself. It's easy.

An 8 x 12 ft. floor costs under $106. With no installation charges. No extra padding. And you'll get to choose from five beautiful designs, fifteen rich colors.

Footlights. It's cushion-backed 100% DuPont nylon pile. Most spills sponge up. It's even Sani-Gard® treated to be antibacterial. DUPONT NYLON

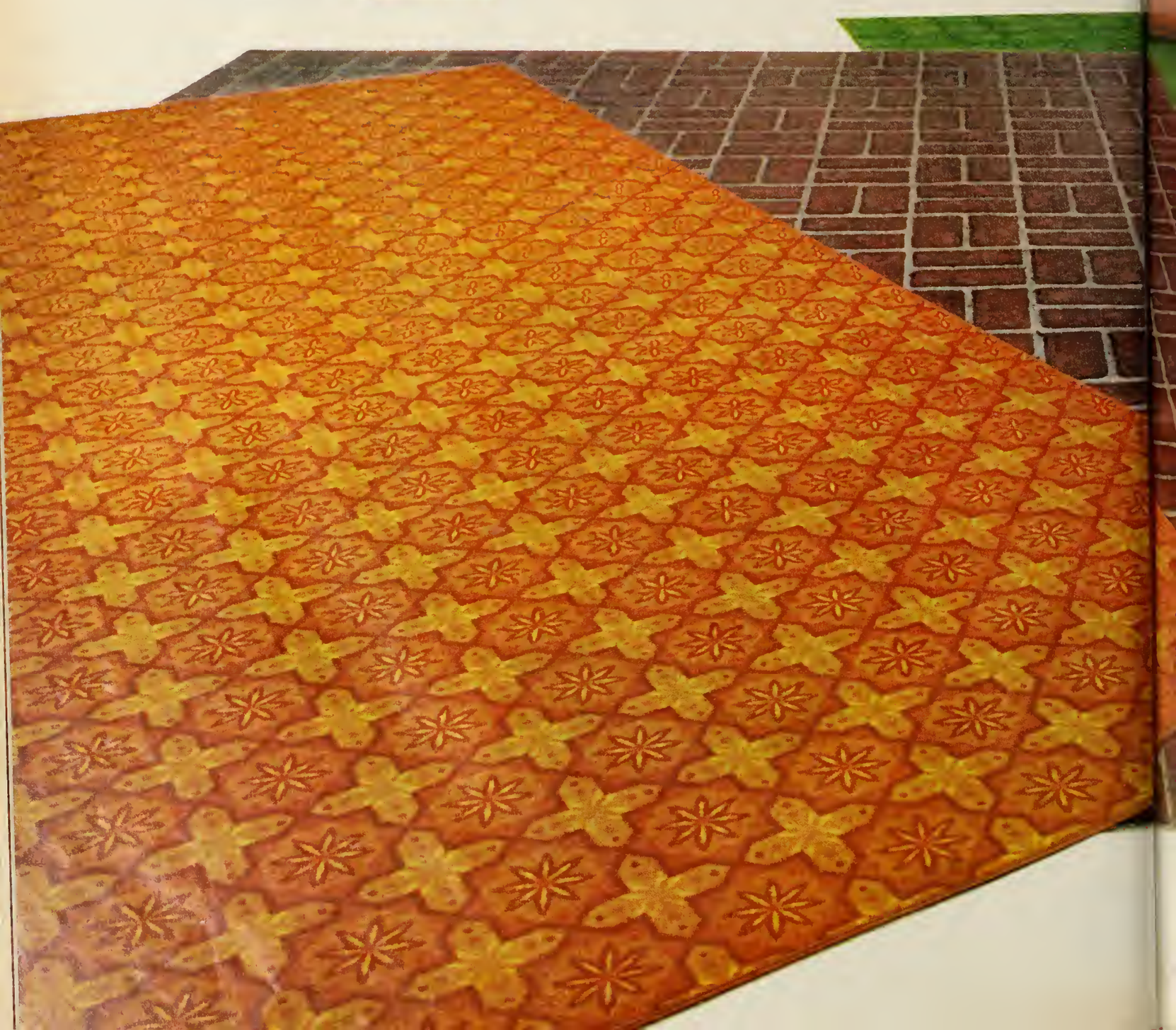


$59 Here's a beautiful vinyl you'll never ever have to wax. Because it's born with a built-in shine. And a warm brick look that makes even the coldest kitchen cozy.

Just roll out Sears Super Cushionflor® and trim to fit. In any of six striking designs, twenty bright colors.

Because you do it yourself, a 10 x 12 ft. floor costs less than $59. What a great value! Especially when you consider that Super Cushionflor is cushion-backed with a thick, comfy vinyl foam.







$65 Tile yourself a shiny new floor with Sears Decorator Ready-Stick® tiles. Just peel and press—they stick to any clean, dry, floor—even most cement floors. Sears guarantees it.

A big 10 x 15 ft. vinyl asbestos floor costs under $65. Because you tile it yourself, you save. Four patterns, handsome earth-tone colors.

What else makes Sears Put-Downs so great? The choice! 359 colors and designs. At most larger Sears, Roebuck and Co. stores, and in the catalog. Prices effective through 1971.

Sears Reody-Stick Vinyl Asbestos Tiles are guoronteed to stick to the floor for five yeors, when applied in accordonce with our instructions. If any tiles should fail to odhere properly, simply return them to us ond we will exchange them for new tiles, free af chorge.

The Great Put-Downs.
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Nytol actually starts dissolving in just 21 seconds. Laboratory tests have proven it. Nytol's formula is different from other tablets. Taken as directed, Nytol is safe. Fast-acting. Nytol dissolves fast so it can go to work on your sleep problems fast.

Get a good night's sleep and wake up refreshed. Take Nytol® Tablets or capsules.

Does the sleeping tablet you're now taking start to work in 21 seconds?

Nytol does.

DON'T IGNORE THESE INDICATORS OF AUTO TROUBLE

Fortunately, most critical auto parts are not subject to complete failure without warning. Failure is usually preceded by a new sound or action or a loss of fluid. If you detect a change in your car's behavior, don't ignore it —find out what's wrong and have the problem corrected.

A recent California Highway Patrol study points up the importance of attention to the way your car performs. In a study of 409 fatal single vehicle accidents, almost one-third had one or more mechanical defects. Two-thirds of the defects either caused the accident or contributed to it. Also the nature of the defects indicates that the failure of the part was preceded by an ominous sound or other warning long before the accident occurred.

Brakes

The study disclosed that braking systems accounted for 35 percent of the defects found. Be alert for these indicators of brake problems on your car:

Fluid on garage floor by wheels or on inner sidewall of tire indicates a faulty wheel cylinder. This will be accompanied by a loss of fluid and, if allowed to continue, can result in "no brakes" when you need them. Also the fluid may get on the brake lining. This can cause that wheel to grab and result in loss of control when the brakes are applied.

Fluid on the floor mat near the brake pedal indicates master cylinder leakage which results in loss of fluid.

If your car requires the addition of more than one ounce of fluid every six months, there's a leak somewhere in the system—wheel or master cylinder or possibly a rusted or ruptured line.

Pedal sinks slowly to floor when you apply steady pressure but there's no visible fluid leakage. This indicates internal leakage, probably in the master cylinder. Will not result in sudden complete brake failure but should be checked immediately.

Pedal travels too far before brakes react and can't be restored to normal position by pumping the pedal. This means the fluid level is low. If pumping the pedal restores it to normal position, the brakes need adjusting.

Firm brake pedal but poor braking action. If accompanied by squealing or metallic noise when brakes are applied, the linings are probably worn out. A hard pedal can also result from wet brake linings. You can dry wet linings by light brake application while driving.

Steering

Steering system deficiencies accounted for over 26 percent of the mechanical defects found in the California survey.

Shake, shimmy or bump-bump felt in the steering wheel when on smooth roads usually indicates improper wheel balance. Out-of-balance wheels can cause shimmy and even loss of control at highway speeds. This condition also greatly increases wear on tires and suspension parts.

If a bump-bump occurs suddenly while you're driving at highway speeds, it usually indicates tire cord separation. This results in an air bubble between the outer rubber and the inner carcass. Get the tire changed, the sooner the better.

Shake, shimmy or steering backlash on rough roads is usually a sign of one of three things: worn tie-rod ends, ball joints or idler arm. The failure of any of the three will result in complete loss of steering control.

A full-time growl on a car equipped with power steering indicates a low fluid level. Usually the noise is intermittent at first, audible only when wheels are steered but it worsens as fluid level lowers. Also the car will become progressively harder to steer as the fluid level lowers. It can usually be corrected by adding fluid but the important thing is to find out where the fluid is being lost.

Car pulls to side or wanders under normal driving conditions. This means improper front-end alignment or front suspension problems (usually excessive wear). If the car pulls to one side only during braking, the cause is probably poor brake adjustment on one wheel, a leaking wheel cylinder or grease on the brake lining. A grabbing wheel is extremely dangerous, particularly in sudden stops.

Transmission

A change in shifting pattern or erratic shifting in an automatic transmission usually indicates lack of transmission fluid. While this poses no immediate threat to your safety, it can threaten your budget. Operating a transmission with inadequate fluid can lead to an expensive overhaul job. If you have to add a quart of fluid every 1,000 miles, the problem is serious enough to warrant a checkup.

Miscellaneous

A vibration or clanking noise when accelerating or decelerating at slow speeds indicates wear in the universal joints. The noise will get worse as more wear occurs but the process is slow. You'll probably tire of the noise long before the joint finally comes apart. When it does, expect an awful commotion under the car, possible underbody damage and immediate loss of power to the rear wheels.

A clicking or catching sound coming from a front wheel usually indicates a dry or defective bearing. Dry bearings can

Continued

This announcement is both an offer to give away stock and a solicitation to buy our delicious frozen foods.

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Five Hundred 4th Rewards: A Blue Chip Bonanza coupon booklet redeemable for $5.00 worth of Morton Pot Pies and Casseroles.

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To enter, just send the entry form below together with the ingredients panel from a Morton Pot Pie, Morton Spaghetti & Meat or Morton Macaroni & Cheese package, or the words "Morton Pot Pies" hand printed on a 3" x 5" piece of paper. Winners will be selected in a random drawing. All prizes will be awarded.



OFFICIAL RULES—NO PURCHASE NECESSARY

(1) Print your name and address on an official entry blank, or on a plain 3" x 5" sheet of paper, and mail to Morton Blue Chip Bonanza, Old Chelsea Station, P.O. Box 569, New York, New York 10011. (2) Each entry must be accompanied by an ingredients panel from any Morton Pot Pie, Macaroni & Cheese or Spaghetti & Meat package, or the words "MORTON POT PIES" hand printed in block letters on a plain 3" x 5" piece of paper. (3) Enter as often as you like. Each entry must be mailed separately, postmarked by June 15, 1971, and received no later than June 30, 1971. (4) Winners will be selected in a random drawing conducted by Blue Ribbon Promotions, an independent judging organization, whose decisions are final. Only one prize to a family. No cash substitutions. Liability for taxes is the sole responsibility of the individual winners. (5) Contest open to all residents of the U.S. and Canada except employees and their relatives of ITT Continental Baking Co., its advertising agencies and Blue Ribbon Promotions, Inc. Canadian winners must answer skill testing questions. (6) Contest void wherever prohibited or restricted by state or local regulations.

Morton Blue Chip Bonanza
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MUST BE INCLUDED

Are you spending more than 45 seconds cleaning your dentures?

If you are, you're wasting your time.

Dentu-Creme is all finished when your soak is just getting started. It gets your dentures brushing-clean and toothpaste-fresh in a way no soak possibly can. All in 45 seconds. Less if you're in a hurry.



The fastest way to clean dentures.

"freeze," causing wheel lockup, even the loss of a wheel.

If your car continues to bounce or sway after hitting a dip or bump, give it this easy shock-absorber check. With the car standing still, apply an up and down motion to the bumper. If the car bounces more than twice after you discontinue the motion, the shocks are suspect. Another indication of shocks going bad is excessive (a light trace is normal) fluid on the outside of the shock absorber. This means there's a fluid leak, and the useful life of the shock is over. Combine highway speed, a rough section of road and wornout shocks, and the result may well be a car going out of control.

Always replace shock absorbers in pairs—both fronts, both rears. Replacing all four at one time is most desirable.

Any time your car exhibits part-time noises or peculiarities, try to pinpoint them before taking it in for repairs. If possible, determine when or under what conditions the car acts up: Is it at slow or high speed? Is it when the engine is first started or after it has warmed up? Is it when turning (either right or left)? Passing this information on to the mechanic can help keep your repair bill to a minimum. The mechanic can zero in on the problem and spend his time making the repairs rather than test driving the car all over town trying to get it to act up.

How to be a defensive parker

If you take pride in your car's appearance, a parking lot is a poor place to leave it. Nothing short of leaving your car at home in the garage will guarantee it won't become a beat-up victim of parking. But you can reduce the risk by employing parking lot strategy.

Make a pre-parking survey as you enter a parking lot. Avoid parking in front of high-activity stores such as supermarkets and department stores. These draw large numbers of customers, most of whom will be trying to get a space right next to the exit door. A parking space in front of a specialty shop or a store that's closed is safer.

Shopping carts and the carry-out boys that operate them are another danger that lurks at the exit area of market places. Some carry-out boys can't resist trying to get a loaded shopping cart through a space the width of the cart itself. If your car is parked on one side of that space, it's likely to pick up an ugly scratch.

Don't be afraid to walk a few extra steps. The exercise will do you good, and it pays off handsomely if you are really serious about preserving the good looks of the car. The far side of a parking lot is usually uncrowded and probably being used by others who care for their cars.

Stores dealing in large items are especially dangerous. A shopper coming out with a heavy or bulky package isn't likely to be thinking about your car while struggling to load his car. Grocery stores and "one-stop" shopping centers fall in this category, as do hardware stores, lamp shops and dry-cleaning shops.

Protect at least one side of your car whenever you can. Park next to a wall, light post, telephone booth or marker pole. If a protective barrier isn't available, take the end diagonal space, and crowd the "safe" side of that spot.

Mothers with small children are always a threat to your paint job. A woman with a child in her arms has a difficult time controlling a wide-swinging door. And your car is likely to suffer multiple contusions as a whole gang of small kids pile in or out of a car. Your best bet is to avoid parking next to any car with a baby seat or toys in evidence.

Stay away from "rust buckets" and cars that are a montage of dents, scratches, broken glass and missing parts. If the owner isn't concerned about the condition of his car, you can be sure he won't worry about yours. Also, avoid new cars that are obviously unkempt. Owners of run-down new cars are just as unconcerned about a car's appearance

Continued on page 108



They'll love you for it. Just send us the package bottoms or can labels from any three of the Betty Crocker dessert products pictured. We'll send you free, a cook booklet of 50 great dessert recipes that start with Betty Crocker mixes but don't stop there. 50 recipes so scrumptious your family will want to be desserted again and again. Send for your Betty Crocker dessert cook booklet today...and be a desserter.

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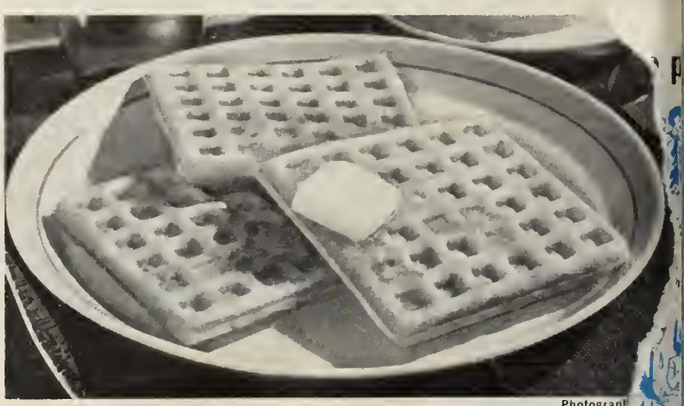
Dad . . . treat the family to waffles

And make them extra special with a tangy fresh orange topping. Or take a few extra minutes to concoct your own batter.



Orange-Sauced Waffles

Peel 2 oranges; holding orange over bowl, section fruit and cut sections into bite-size pieces. Drain, reserving juice. To reserved juice, add additional orange juice to make ½ cup. In small saucepan, combine ½ cup sugar, 2 tablespoons cornstarch and ¼ teaspoon salt. Add orange juice and 1 cup water. Bring to boiling; reduce heat and simmer 3 minutes, stirring constantly, till thickened and bubbly. Add 2 tablespoons butter or margarine, 1 teaspoon lemon juice and the orange pieces. Cook till heated through. Heat one 9-ounce package frozen waffles according to package directions. Serve with orange sauce. Makes 6 servings.



Photograph

Banana Waffles

In mixing bowl, sift together 2¼ cups sifted all-pur flour, 4 teaspoons baking powder, 1½ tablespoons and ¾ teaspoon salt. Mix together 2 beaten eggs, 1¾ milk, ¾ cup mashed banana (1 banana) and ½ cup co oil till blended. Add banana mixture, all at once, ingredients, stirring only till moistened. Pour one-third batter onto preheated waffle baker. Bake about 5 mi till golden brown. Repeat with remaining batter. Ser with butter or margarine and warmed maple or fruit-flavo syrup. Makes three 9-inch waffles.

Why don't you become a professional Interior Decorator?



It's a high-income field where a woman is in her glory. There is a good demand for decorating services and opportunities are abundant . . . even if you use only part of your time. You can train at home without interrupting your regular duties.

BY JANICE TRIMBLE

don't think there are many fields today that ffer more pleasure or greater rewards to a oman than that of interior decorating.

It is an ideal place to put your natural love f beauty to practical use. You can do this in a ell-paid position or you may decide to go into usiness for yourself.

Do you enjoy doing your own decorating? ave you ever helped a friend solve a decorat- g problem? Then you may have the makings r success as a professional decorator.

Even if you've done no decorating, you ay be one of many women with unsuspected lent in this direction—talent just waiting to e discovered.

You can now train for this work at home, your spare time. No previous skills or exerience are required for this training. Why ot look into the many opportunities that inrior decorating offers you?

A tremendously expanded field

used to be that only wealthy people emloyed professional decorators. That's no nger true. Increasingly large numbers of omemakers now rely on the services of dec-ators. They know that a decorator can prode beauty and individuality—and can often ve people money, too.

The work of a decorator is varied and inresting. It frequently takes you and your ients into smart showrooms and shops filled ith treasures. You move in a world of fashion, reativity and ever-new challenge.

Designing and furnishing even a single room ay earn a decorator hundreds of dollars; larger assignments may earn much more. Many women do well just in part-time work; their own homes often serve as showcases for prospective clients.

But decorators are busy in many areas besides homes. Their talents are employed in decorating hotel rooms, business offices, building lobbies, clubs and institutions. That's why the profession has grown so large.

What the LaSalle Course teaches you

The LaSalle Course in Interior Decorating has been prepared to give you practical, complete and up-to-date preparation for this exciting modern career. Lessons come to you by mail; they are as fascinating as the professional work itself. Much of the study material included is unique in a course of this kind. For instance, you get an attractive, simple-to-operate slide projector with color slides that show interiors almost as big as life on your wall. You also get professional sketching equipment, coloring materials, stencils that make it easy for you to draw room plans, and much more.

Step by step, you are shown how to develop your creative ability. You are taught the principles of color and design and the historic background of today's decoration. You are trained in the selection and use of furniture, fabrics, accessories, lighting. You learn how to achieve beautiful settings to delight your clients and build your reputation. Even before you have finished the course, you may want to apply your new knowledge to glorifying your own home.

At each step, you are given practical assignments which are then carefully reviewed by your instructors and returned to you. You are coached with care for your work as a decorator.

The LaSalle Course in Interior Decorating is backed by more than sixty years of leadership in the field of home education. More than 2,000,000 people have enrolled for home study courses with LaSalle.

Mail attached card for free booklet

If you are seriously interested in the new opportunities offered by a career in interior decorating—if you are prepared to devote a few hours of your spare time each week to conscientious study in order to achieve your goals—send attached post-card for free LaSalle booklet. You may be surprised by the low cost of the course. LaSalle, 417 S. Dearborn Street, Chicago, Illinois 60605.

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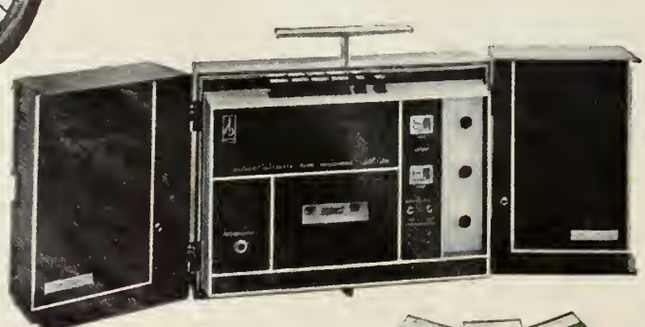
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Get away in a 1971 Dodge Sportsman Camper with conversion by Travco. The tops in camping luxury. The popular new Dodge compact wagon combines car-type driving with the roominess and comfort you want in a camper.



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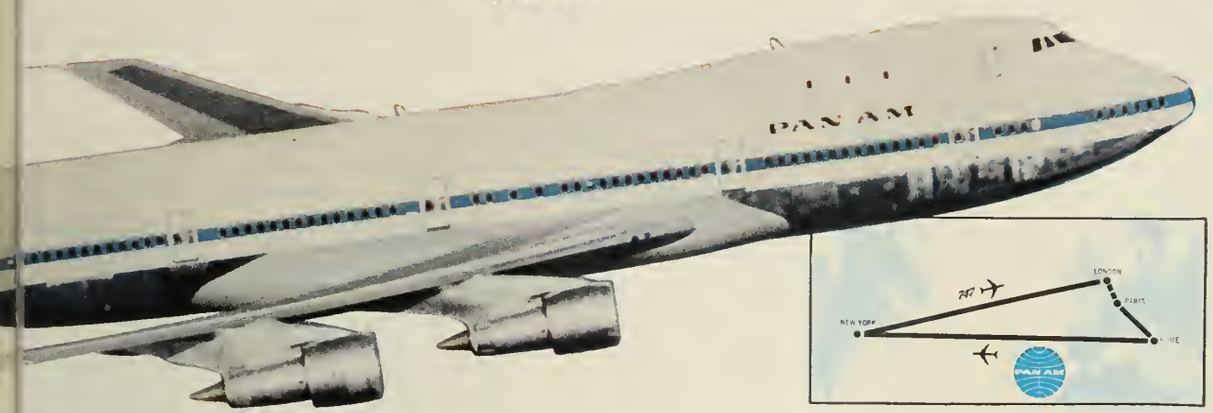


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Take a chance on winning the trip of a lifetime . . . via Pan Am "747" . . . to lively London, exciting Paris, romantic Rome! Enter yourself in the Pine-Sol 747 Get-Away Sweepstakes. Plan *your* big take-off with a companion of your choice.

And that's just the beginning. There are hundreds of other chances to be a Get-Away winner. Maybe it will be that big Dodge Camper . . . one of those swinging Dodge Demons . . . an E-Z Rider Minibike . . . an Emerson Stereo . . . one of those delicious Pfaelzer Chateaubriand Celebration Dinners . . . or one of 500 Flight Bags.

Enter again and again. One of the Get-Away people could be YOU!



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G away in a new 1971 Dodge Dart Demon. Brings out the d il in you. Works like a demon . . . plays like a demon. D ilish fun to drive. Compact on the outside, 5 people big on th inside. New Dodge Dart Demon for 1971. That's the spirit.



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To enter—fill in this entry form. If the form is missing, you can get another one at any store or supermarket that sells PINE-SOL and displays this Sweepstakes offer.

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Enter now and receive FREE roll of color, retail value $1.25



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1. Enter the sweepstakes as many times as you wish, but mail each entry separately
2. Each entry must be accompanied by a Pine Sol label, or the word "PINE-SOL" hand printed in plain block letters on a 3" x 5" piece of paper. NO PURCHASE REQUIRED
3. Entries must be postmarked by June 18th, 1971 and received no later than June 30th, 1971. Anyone living in the United States or Puerto Rico may enter.
4. Winners will be determined by random drawings conducted, arranged, or supervised by Merchandising & Promotion Associates, Inc. whose decisions will be final. Only one roll of color film per family. No substitutions of prizes unless otherwise stated in these rules.
5. Void in Washington, Wisconsin and wherever prohibited, restricted or taxed by law. Employees and their families of American Cyanamid Company, its related companies, and its advertising agency or its promotional agency, Merchandising & Promotion Associates, Inc. are not eligible. All Federal, State and local laws apply. All Federal, State or other taxes levied on prizes are the sole responsibility of the individual winners.
6. All winners will be notified following the drawing by first class mail. All prizes will be awarded.
7. For complete list of winners, send a stamped addressed envelope to Merchandising and Promotion Associates, Dept. BINN, 304 East 45th Street, New York, New York 10017 (Please do NOT send this request with your entry).
8. Grand Prize must be exercised within a one year period after given notification of winning . . . or accept $2,000 in cash per couple in lieu of Grand Prize.
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Why buy mutual funds?

The tail end of the 1960s was, to put it mildly, a disappointing period for mutual fund shareholders. Between the beginning of 1969 and mid-1970, the 50 largest stock funds declined, on the average, 34 percent. Losses of 50 percent and above were common among some of the more speculative "go-go" funds, which tantalized investors with a brief record of spectacular gains.

Does all this mean that the case for investing in mutual funds is exploded? It certainly does not. Let's take a searching look at this sector of the investment world, and try to separate realities from myths.

Traditionally, the basic argument for investing in mutual funds has been that they offer small investors diversification and professional management at a relatively modest cost. The merits of diversification are simple and compelling. If you invest a small sum on your own, you can buy only a few stocks, which could all turn out to be losers. A mutual fund investment gives you the benefit of sharing in the fortunes of 50 or more different companies.

But what about the vaunted merits of professional management? Why did so many of the highly paid fund managers do so badly in the 1969-70 market decline? To begin with, remember this: the 1969-70 bear market was the second worst in half a century. At its low point, the Dow Jones Industrial Average was down 36 percent. The only people who weren't seriously hurt by this historic setback were those who previously had sold all or most of their stocks and remained stubbornly in cash.

But if the fund managers, who controlled more than 50 billion dollars, had done this, they would have brought about a calamitous collapse of stock prices and perhaps a nationwide financial crisis. In other words, the funds really have no effective defense against a major bear market. Admittedly, the "swinging" managers made matters worse by indulging in irresponsible speculation, and many of them are justly discredited. On the other hand, some of the more conservative funds haven't fared as badly as the general market.

The basic truth about mutual funds is this: some do better than the market some of the time, and some do worse than the market some of the time; *but most of the time, mutual funds, on the average, will behave as the market does.* This is something many fund buyers failed to grasp. They were under the

Continued

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a muffin has, the mo
blueberry aroma it ha

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To prove it for yourse
give 'em a whiff.

But don't stop there.

Let your taste confirm
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knows.



Eager Beaver Sale

It's almost lawn and garden time again. To get all you Eager Beavers going, your True Temper dealer is giving 50¢ off any item on this page.



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The steel "Duckbill" blade trenches deep, holding and guiding, while the rotating star cutting wheel does the trimming. Two cross-ribbed rubber tires for traction and control. Blade assembly pivots automatically for easy left or right side trimming.



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ere's the lightweight answer to neat ground eeping. With easy broom action this rake is rfect for newly seeded areas or sweeping up ter and leaves.

The name True Temper on a tool is a name worth looking for. We've been making tools since 1835. We make them to make your job easier. And we make them to last. Just ask your True Temper dealer. He'll show you what we mean.

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Mitchum ANTI-PERSPIRANT

misconception that mutual funds were "relatively safe"—that they couldn't go down too far.

Another prevalent misconception, which caused much grief, is that funds are a sure-fire hedge against inflation. Actually, when inflation gets serious enough to play havoc with the economy and the stock market, the funds are badly hit, too. They are indeed a hedge against inflation, but only from a long-term standpoint.

So much for the risk factor. Let's examine the possible rewards you'll find in mutual fund investing.

Some funds have scored gains of 50 percent or better in a single year. But anyone who buys fund shares, hoping for a short-term bonanza, is entering the speculative race on the wrong horse. Mutual funds should not be regarded as stock market sprinters, but as long-distance runners.

The genuine case for mutual funds is that, over the long pull, they are likely to give the average investor a return on his money that he could not readily obtain elsewhere. This is especially true if purchases are judiciously timed. The Investment Company Institute, which represents the mutual fund industry, has compiled figures showing the result of various methods of investing $10,000 in the years from 1960 to 1969: Series "E" government bonds, $14,581; savings accounts in savings associations, $15,234; Dow Jones Industrial Average $16,448; average of all mutual funds (with dividends and capital gains reinvested), $21,255; growth stock funds, $25,458. According to *Fundscope*, a publication devoted to mutual funds, this same period was the worst of the sixteen ten-year periods within the past quarter century in terms of mutual fund performance. (In the best ten-year period, 1949 to 1958, a $10,000 investment grew to $39,000.)

Obviously, there's no guarantee that the seventies will be better than the sixties. They could conceivably be worse. But judging from the historical record, the average fund investment should at least double within a decade—and could do considerably better. Exciting? No. But it should be reason enough for considering a mutual fund investment. It's important, however, to make the right approach, and here are some guidelines you should have:

Continued to page 134

THE ANATOMY OF MUTUAL FUNDS

Open-end funds—and that's the vast majority—will sell shares to you or redeem them from you any time you wish. Most are *load funds,* the load being a charge paid by the buyer (about 8½ percent of asset value per share) to cover commissions to fund salesman or to brokers.

No-load funds deal directly with the public through advertisement or word of mouth, and they often can't be bought through brokers. The Investment Company Institute, 1775 K Street N.W., Washington, D.C. 20006, will send you a list of no-load (and load) funds, but will not make recommendations. If you write to any of these funds, they'll send you a prospectus and an order form.

The most important thing about a mutual fund is its record, and on this score there's no overall distinction between the load funds and the no-loads. Some people object strongly to the sales charge, and others find that the advantages of being able to deal through a broker are worth the added cost.

Closed-end funds have a fixed number of shares outstanding, which are traded like common stocks. Because of the vagaries of supply and demand, or the reputation of management, the shares may sell above or below their actual asset value.

Management fees are what fund investors pay their management—usually a separate corporation. The fee is taken from the income of the fund, and it's usually less than half of one percent of the fund's total assets.



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What do you really know about dental health?



Are cavities the greatest threat?
Far from it. Untreated decay takes its greatest toll in children and young people, but the largest single cause of tooth loss in adults is pyorrhea or gum disease (dentists call it periodontal disease).

Gum disease not only attacks the gums, but the supporting structure of your teeth. In advanced cases, the gums actually detach from the tooth and the tooth becomes loose and falls out.

Irritating deposits (plaque) formed from substances in saliva, bacteria and food debris normally found in the mouth cause gum disease. These deposits cling tenaciously to the teeth, and if they aren't removed by careful and frequent cleaning at home, they can lead to periodontal disease. Eventually the minerals in saliva cause the plaque to harden. These hardened deposits (calculus) can then be removed only by regular tooth cleaning (prophylaxis) by your dentist or dental hygienist.

Here are the four warning signs:

- bleeding gums during brushing
- persistent unpleasant mouth odor
- inflamed or spongy, flabby gums
- loose or tipped teeth

The sooner treatment begins, the better your chances of stopping gum disease —especially if you agree to a rigorous home oral hygiene program.

Are dental X rays dangerous?
Despite all that recent scare publicity, new X ray equipment (if properly used) poses no threat whatsoever, according to the American Dental Association, and the U. S. Public Health Service.

In fact, when you're shielded (with a lead apron, for example) you are exposed to less radiation than you normally get from radioactive sands, stones and cosmic rays from outer space.

First-class dental care is not possible without X rays. They enable your dentist to detect certain conditions, such as small cavities on hidden surfaces of your teeth and diseased areas in the jawbones, which otherwise could not be discovered. If X rays weren't taken, your first warning of dental trouble would probably be pain caused by an infection of the tooth pulp (nerve). And by the time the pulp has become infected, it often is too late for your tooth to be saved.

X ray examinations also help a dentist discover teeth that are developing badly in the jaws, such as impacted teeth. Periodontal disease, too, can be discovered by an X ray examination long before its effects are visible to the dentist's eye.

Can bad breath (halitosis) be stopped by a good mouthwash?
At best it's a temporary help. Rinsing your mouth with a mouthwash or brushing your teeth with a flavored dentifrice can only mask chronic bad breath.

Halitosis is usually caused by postnasal drip, decomposed food lodged between the teeth, unclean dentures, periodontal disease, cavities or a tongue coated with a certain bacteria. None of these conditions is corrected by a mouthwash.

The culprit also may be a serious systemic disorder, such as a tonsillar infection, diabetes, gastrointestinal disturbances, chronic laryngitis, bronchitis and lung disease.

Only a visit with your family dentist or physician can determine the underlying cause of persistent bad breath.

Does fluoridated water give complete protection?
Fluoridation can't do the job alone. Lifelong use of fluoridated water cuts decay by about 65 percent. That's an impressive figure, but it's still far from 100 percent.

Also, most middle-aged people did not have the benefit of fluoridation while their permanent teeth were being formed, and that's the only time fluoride in drinking water can become a protective part of their tooth enamel.

Then, too, there's no proof that fluoridation of water gives you protection against gum disease.

Continued

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Vista-Cruiser: The eleven-window wagon.

Sun and sky. That's the impression inside a Vista-Cruiser. The distinctive Vista-Roof provides more headroom. And tinted, heat-resistant Vista windows let in more light. Cargo space in this 121-inch wheelbase wagon is enormous. Comes with a Rocket 350 V-8 that runs beautifully on no-lead, low-lead or regular gasoline.

Cutlass Cruiser: How to get an Olds wagon for less than you'd think.

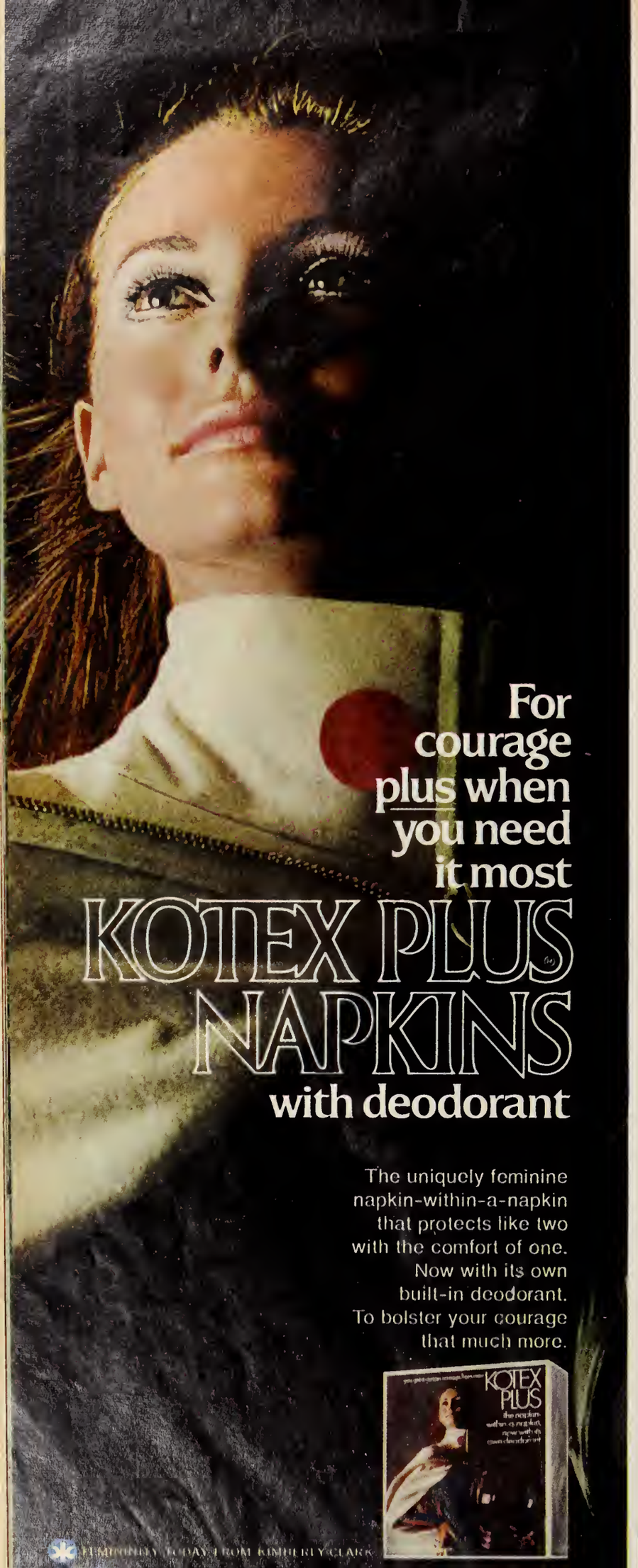
Cutlass Cruiser is priced low, and more savings follow. Bias-ply, belted tires, rust-resisting front-fender inner panels and an aluminized exhaust system are standard. A generous 116-inch wheelbase delivers lots of room at little cost.

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Must you worry about cavities in first teeth?
You should. A youngster's first teeth (or baby teeth) should receive the same good care and attention as permanent teeth for several reasons.
- A child needs healthy first teeth in order to chew food properly and speak well.
- An infection established in first teeth can be carried over to permanent teeth.
- Premature loss of first teeth can cause adjoining teeth to drift into empty spaces and twist the alignment of incoming permanent teeth.
- A mouth crippled by painfully decaying first teeth may retard a child's social interaction and growth.

Regular dental care for your children should begin between the ages of two and three so your dentist can treat any developing cavities.

Are teeth more vulnerable during pregnancy?
No. The belief that pregnancy increases the rate of tooth decay is wrong. It's based on the false assumption that in providing calcium for a growing fetus, the mother's teeth are decalcified and thus more susceptible to decay. Clinical studies show that neither the extent of decay nor the rate of new cavities is higher in pregnant women. It's a scientific fact that the fetus does not absorb calcium from the mother's teeth.

A variation on this old wives' tale is the widely held belief that a mother loses a tooth for every child. It's also without foundation.

If cavities do increase during pregnancy, the cause is higher consumption of sweets, neglected oral hygiene or other bad habits. Poor oral hygiene (and, occasionally, hormonal changes during pregnancy) can cause periodontal disease as well.

Regular dental treatment is important during pregnancy, but there are some precautions. Tooth extraction should be postponed if possible. Special care should be taken with X rays, especially in the first three months of pregnancy. And, in the last stages of pregnancy, extensive dental treatment usually is best delayed altogether.

You should also realize
drinking lots of milk or ta
vitamin pills won't make
teeth of any adult less sus
tible to decay. Milk is a
source of calcium (and th
fore plays a vital role in bu
ing strong teeth), but this
nothing to do with preven
cavities in already develo
teeth. Nor does an adequ
diet prevent cavities in adu
a serious vitamin deficie
however, may eventually c
tribute to gum disease.

**When a child's perman
teeth erupt "slanted,"
they stay slanted?**
Not necessarily. Practically
children go through a transi
or "ugly-duckling" devel
ment stage as their te
change from first to second
permanent) teeth. If the p
manent upper and lower fr
teeth come in tipped, flared
winged upward. it's usuall
perfectly normal conditi
Lip and tongue pressure, a
biting pressure as the chi
dental arches develop, usua
will straighten these teeth.
they don't show any signs
adjustment within a year
eruption, you should disc
the condition with your dent
Very often, early orthodon
treatment can easily solve
problem that could call for
tensive treatment later.

**Can an adult's crooked tee
be straightened?**
Yes. Orthodontic treatme
once considered valuable o
for children, now helps ma
adults whose faces are marr
by badly aligned teeth, or ev
protruding or receding jaws.

A recent estimate indica
that perhaps one out of eve
four orthodontic patients is
adult, demonstrating that
seldom too late to correct de
tal deformities.

Adult accident patients a
obvious candidates for orth
dontic work. Older victims
dental neglect, failure to
place missing teeth and malo
clusion (or "bad bite") are al
seeking treatment today.

Two of the more comm
correctable adult facial d
formities are retrognathia
receding chin and buck teet
and prognathism (a protrudi
lower jaw). However, seve
retrognathia and prognath
among adults require surge

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as well as orthodontic treatment. These defects can be corrected by orthodontic work alone in children.

Can you eliminate cavities simply by brushing after every meal?

This idea is not supported by scientific evidence. While the old saying that a "clean tooth never decays" is theoretically true, it's doubtful whether simply brushing your teeth can stop new cavities entirely. You just can't get your teeth clean enough by brushing.

The principal benefit of brushing after every meal is to remove plaque and the bulk of acid-producing starches and sugars that contribute to decay. To get results, you must brush thoroughly *within minutes* after eating, every time you eat. This isn't very practical. In addition, you'd have to be a remarkably skilled brusher to remove every bit of plaque and debris.

This doesn't mean you can't keep your teeth very clean, and therefore healthy. Today, you have a variety of new scientific techniques and materials at your disposal, including dental floss, fluoride toothpaste, dental sprays and special brushing techniques (see *"How can you save your teeth,"* Better Homes and Gardens, November, 1969). By observing proper diet and oral hygiene, you can help prevent many dental problems from starting.

But you can't be a complete dental do-it-yourselfer. You still need the dentist for periodic examinations—to see how well you are performing your oral hygiene, to remove calculus, to advise you on diet and to give you other professional pointers.

Should your youngster's first teeth fall out by first grade?

Don't be alarmed if your first-grader comes home from school and tells of classmates losing first teeth while his don't even show signs of loosening.

The timetable of shedding first teeth and eruption of permanent teeth is broad and variable, says one of the nation's top orthodontists. The usual time for permanent teeth to erupt is from six to 13 years, but there can be variations on either end of that range, he says. Dental growth usually is coordinated with other phases of body development, particularly skeletal growth. If a child grows more slowly than his classmates, chances are his teeth also will require more time to develop.

Yet certain gaps in the eruption timetable should be watched closely. For instance, if a permanent upper left central incisor has erupted, the corresponding tooth—the upper right central incisor—should follow within a reasonable time. Another common problem is the emergence of a double set of teeth, with a tooth remaining in place and the corresponding permanent tooth erupting behind it. In such a case, extraction of the first tooth helps prevent the possible development of malocclusion.

An injury to the youngster's mouth also can upset the eruption timetable. For example, a blow to the jaw may impact a tooth. Instead of moving toward the gum line, the tooth turns sideways against a neighboring tooth. Surgery may be needed to bring the stray back to its normal eruption path.

Can your teeth last a lifetime?

Yes. The deep-rooted belief you must inevitably lose your teeth as you grow older ranks among the most serious of the old wives' tales about dental health.

There is no reason to resign yourself to replacing teeth with false ones. With good home hygiene and regular professional care, your teeth have an excellent chance of lasting a lifetime.

It's seldom too late to begin taking really good care of your teeth—and it's obviously well worth the effort. Dentures, efficient as they are, simply don't function as well as your natural teeth. For convenience and performance, there are no teeth like your own. ■

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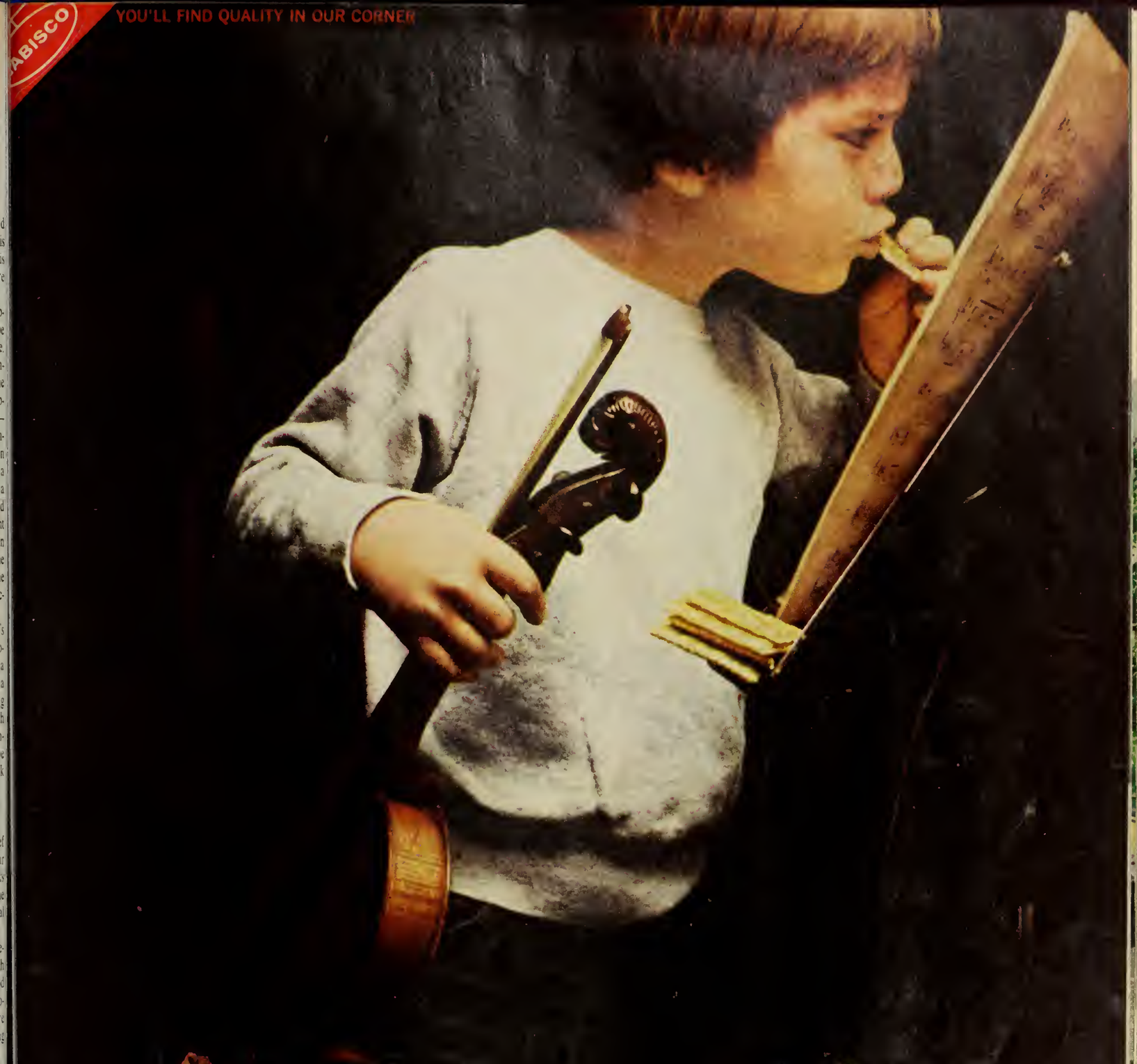
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What should you feed your cat



Feed your cat only meat, and he'll suffer malnutrition. He might even die. Many people misunderstand this. They know that the cat is a carnivore, but forget that in the wild state a cat devoured all of his prey, including what the victim had last eaten. In fact, the viscera were eaten first to make sure the cat got the carbohydrates, vitamins and other nutrients it needs in addition to the protein and fats in meat.

Commercial cat foods

It's easy to feed your cat properly. Just remember that two types of food are available, and each serves a purpose.

Complete foods are formulated from a combination of ingredients to provide your cat with all vital nutrients. This food, plus adequate water, represents a balanced diet.

Supplement foods are not nutritionally complete and should not be fed as a major part of your cat's total food intake. These are usually canned products, and are recommended only as an occasional treat.

If you'll limit your cat to foods labeled "complete" or "fully nourishing" you can't go wrong. However, your cat will still show preferences for one form of food over another.

Canned foods, which manufacturers refer to as "moist" types, have come a long way from the foul-smelling concoctions that made you wish the cat could open the can himself. The new canned products are very appetizing and available in a variety of flavors in complete and supplement forms.

Dry foods have been familiar to dog owners for years. They're economical, easy-to-store and have great appetite appeal to cats. They're especially handy if you leave your cat home alone. Dry foods offer another benefit; their dry crunchy texture impedes the accumulation of tartar and that means the cat's teeth will need less frequent cleaning.

Soft-moist foods are extremely convenient. They require no refrigeration—you don't even have to close the package after taking some out. They resemble meat products in color, texture and taste.

How much to feed and when

A kitten's protein and food energy requirements are proportionally highest during his rapid growth period. This starts when he is four or five weeks old, right after he has been weaned and makes his first appearance in your home, and lasts until he is about six months old. Because his stomach capacity is rather limited, it is important that you feed him frequently. Four meals a day—morning, noon, night and just before bed—should be sufficient. Continue this schedule until he is five to seven months old, at which time you can eliminate the evening meal. All kittens are individuals. If yours seems disinterested in one of the meals, or is leaving a portion uneaten, he may be telling you he's ready to cut down his intake.

A five- to eight-month-old cat is an adolescent. His period of rapid growth is complete, so his nutrient needs per pound of body weight are less than a small kitten's but still more than adult cat's. Continue feeding three meals a day until he indicates he doesn't want that much, or seems to be putting on excess weight.

An adult cat needs to eat only twice a day, and some get along fine on one daily meal. Most cats are very adept at judging how much they need to eat. They seem to have more self-control than dogs. A dog craves attention. If begging gets attention, he'll beg when he isn't even hungry. A cat

Continued on page 128

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for dogs



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(Advertisement)

What Can You Do About Today's $65-a-Day Hospital Costs?

Like everything else, the cost of being sick or hurt has gone up sharply. In California, the average daily cost of a stay in the hospital has already climbed to over $65.00 a day! And experts say hospital costs will rise even higher.

These fast-rising hospital costs have put millions of California families in a dangerous spot, because their health insurance is no longer enough to pay the bills. This means an illness or accident could cost them hundreds or even thousands of dollars out of their own pockets. It could put them deep in debt for years to come.

It's a serious problem. But fortunately, now there's a sensible, low-cost solution. Now you can add remarkable big benefit health protection that solves this problem, because it pays you the full cash benefits *in addition to* all other insurance benefits you collect, including group.

When covered sickness or injuries strike, you collect generous cash benefits that are *tax-free*. The cash comes to you, direct by check, in addition to what you collect from your other hospital, medical, or surgical insurance, including group.

This means you can use the cash any way you see fit. Pay hospital and doctor bills not covered by your other insurance. Use the cash to help pay for special treatments, drugs or private nursing care. Spend it on the bills piling up at home. Or take a vacation to get your strength back. Or, if you don't need it all to help with your expenses, you can even put it in the bank for your future security. There are no strings attached.

With today's $65-a-day hospital costs—up 300 per cent in the last 15 years—nine out of 10 Californians need added protection to prevent a financial disaster when sickness or accident strikes. That's why this add-on protection that pays *tax-free* cash on top of your other insurance makes mighty good sense. And you'll enjoy lif more when you know you're protecte against these big medical bills.

People are already collecting big check under this valuable health protection guaranteed by Certified Life Insuranc Company of California, whose White Cros Plan policies protect thousands of Cali fornia families. And The White Cross Pla also includes low-cost protections to hel folks over 65 fill today's bigger gaps i Medicare that could cost them thousands

The story of this remarkable health in surance that pays you tax-free cash i addition to your other insurance, and spe cial "Over-65" plans to supplement Medi care, is told in "The Blue Book," a interesting and informative booklet offere free by Certified.

****For your free "Blue Book," simply fill ou and mail the postage-free reply card boun in next to this page. There's no cost o obligation for this service.*



Life's more secure when you know you're protected against today's $65-a-day hospital costs.



People over 65 get the extra cash they need to help with Medicare.

CONSUMER PROTECTION BILLS IN JEOPARDY

At last count, two consumer protection bills were languishing in Congress. Introduced months ago, they have not, by any stretch of the imagination, suffered from overexposure in the mass media. Nor have they attracted much attention from legislators.

The first, a cooling-off regulation, would let you cancel purchases of $10 or more from a door-to-door salesman within three business days. This protection, first introduced as a congressional bill, is now being proposed as a Federal Trade Commission regulation. Whether it's finally enacted as federal law or a trade regulation, the protection would be much the same. Sellers would be required to give buyers a written explanation of their right to cancel the sale. After receiving notice of cancellation, the seller would have to pick up any goods he had delivered within a specified time and refund any money paid toward the purchase. The FTC regulation also would require sellers to submit any disputes to arbitration.

The second bill is concerned with unit pricing. It would require that the price per single unit of weight, volume or measure be stated on products not packaged in standard sizes and quantities.

Many products, from foods to drugs, are sold in a bewildering array of sizes and quantities. In one California market, pancake mixes have been available in 17 different packages, each with its own price per package. The price per pound ranged from 17 to 33 cents. Calculating the price per pound, ounce or pint would be almost impossible without a computer.

Though quality and convenience are prime buying factors, price *is* vital—especially during inflation. The proposed legislation would simplify price comparisons by requiring package price and unit price on products.

"Write your congressman" is a bromide these days. Yet in this case, it makes some sense to tell the people who are directly concerned with these bills just how you feel. Send your comments to:

- Your congressman, House of Representatives, Washington, D. C. 20515.
- Your senators, United States Senate, Washington, D. C. 20510.
- Virginia Knauer, the President's Special Assistant for Consumer Affairs, Federal Office Building 7, Washington, D. C. 20506.
- Director of Industry Guidance, Federal Trade Commission, Washington, D. C. 20580.
- Local or state consumer organizations actively involved in legislative matters.

The case for consumer juries

In the last few months, 50 consumer juries have been set up across the country. These juries represent varying social, economic and geographic segments, but each is made up the same: ten housewives who meet in their neighborhoods to discuss consumer issues and problems. The discussions are taped, edited and played back to local businessmen, giving them candid answers to some often sticky consumer issues.

So far, the juries have discussed a variety of topics, from environmental hazards to women's rights. If nothing else, these sessions point up the major concerns of American homemakers.

For more information on consumer juries, write G & R Feedback, Inc., Dept. BH, La Vake House, Research Park, Princeton, N. J. 08540.■

Produced in collaboration with Sally R. Campbell, family economics writer and consultant, Chicago.

How to miss out on just the home you've always wanted.

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Before I buy a home, I would like to know more. Please send me a copy of your free booklet: "How To Buy The Most Home For Your Money." I am enclosing a self-addressed, stamped envelope no smaller than 4" x 9½".

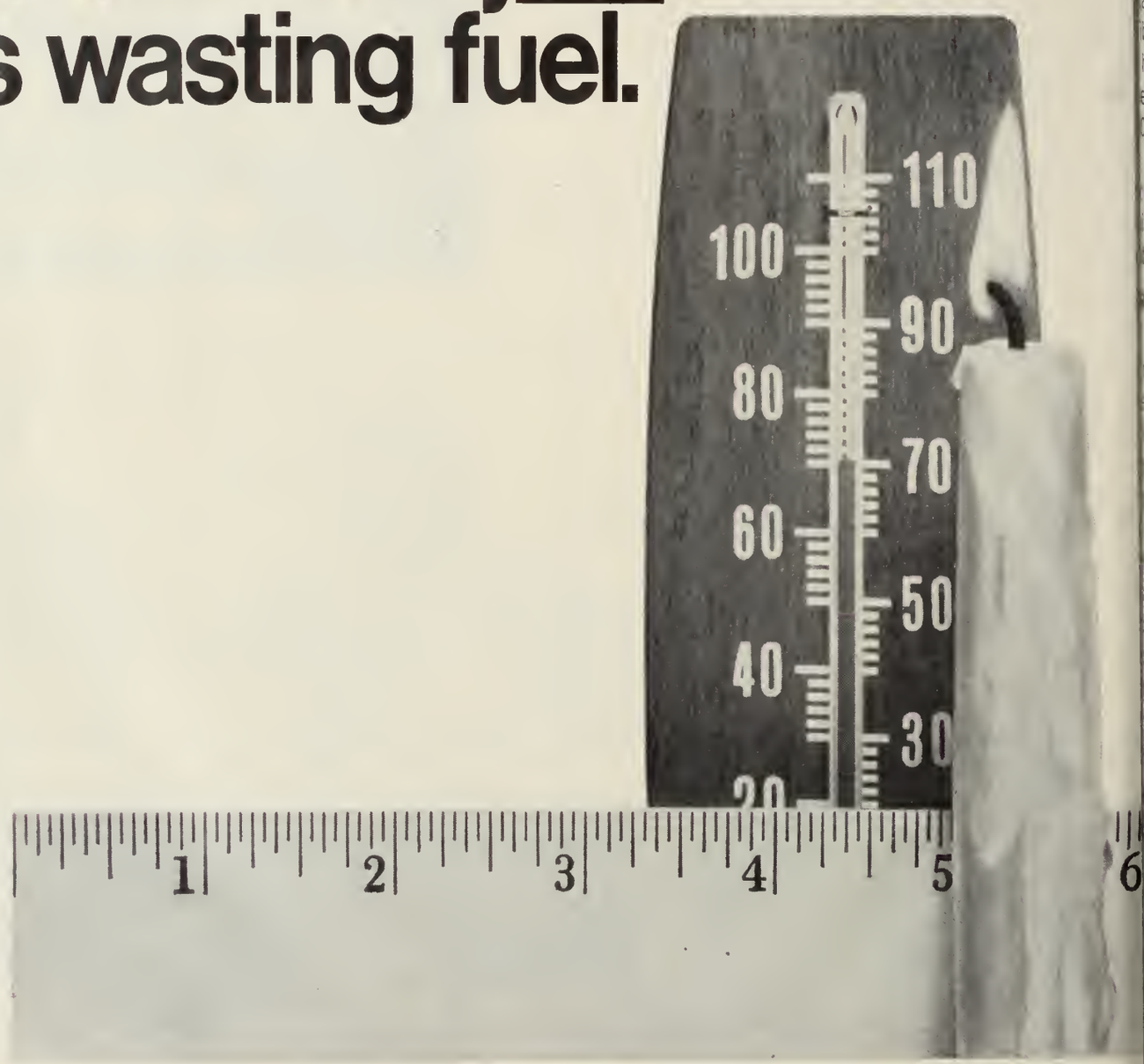
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You can recognize your Realtor by the seal. A Realtor is a professional in real estate who subscribes to a strict Code of Ethics as a member of the local and state boards and of the National Association of Real Estate Boards.

With rising fuel costs, and the urgent need to conserve energy, here's how to find out if your home is wasting fuel.



A Presidential Committee has ecently recommended that the Na- on act now to conserve energy uels. One of the best ways to do his is to make sure your home has *dequate insulation.*

In fact, if your home is more nan 15 years old, it probably oesn't have adequate insulation nd it may be wasting more than 5% of its fuel. Or costing almost vice as much as it should to keep our family comfortable.

If you're building a new home, ou can nip this problem in the bud, y telling your builder to use Fiber- las*6″& 3″ insulation. That's 6″ of iberglas in ceilings and 3″ in walls. helps stop fuel waste, and can cut eating/cooling costs as much as 0%.

In an existing home, it's easy o find out if you're wasting fuel, ither because of poor insulation, or ther reasons:

tart at the top.

Take a ruler up to your attic, nd measure the insulation. If it's ss than 6″ thick, you need more. emember, heat rises. 6″ of Fiber- las insulation in ceilings helps top heat from escaping through our roof—allows significant sav- ngs in fuel costs. In summer, it tops solar heat gain that forces air onditioners to run longer than nec- ssary. And finally 6″ of Fiberglas nsulation in ceilings will make your amily feel a lot more comfortable ear round.

wo thermometers let you ouble-check.

Place one thermometer gainst an outside wall and another ermometer in the center of the oom. Leave them for 4 hours, then ake readings. The thermometer on he outside wall should not be more han 5 degrees lower than the one in the middle of the room. If it is more than 5 degrees lower, it's another sign your home needs more insulation.

A candle can lead to additional savings.

You may be losing heat from openings in your home. Light a candle and hold it near the edges of windows and doors. If it flickers, you probably need caulking, weatherstripping, or storm windows and doors. They can cut your fuel costs by as much as 10%.

Check your furnace and filters.

Your furnace should be checked and adjusted at the start of each heating season. Air filters should be replaced at least 3 times a season. Dirty filters make your furnace work much harder and longer, wasting fuel.

The dollars and sense of Fiberglas insulation.

Installing 6″ of Fiberglas in your attic isn't difficult or expensive. You can do it yourself in less than a weekend. Cost for an average home is about $100. If you're building a new home, the cost of 6″ & 3″ is less than 1% of the total construction cost. In both cases, fuel savings soon pay for the insulation cost.

How much *you* save with 6″ of Fiberglas insulation in ceilings depends, of course, on the size and location of your home. But it's easy to get a good idea:

Send for Computer Analysis of heating and cooling savings in your area, and new booklet on reducing fuel consumption.

We will send you a free copy of a very helpful new booklet, "7 Ways of Reducing Fuel Consumption in Household Heating . . . Through Energy Conservation" prepared by the National Bureau of Standards and the Office of the Assistant to the President for Consumer Affairs. You'll find it's full of suggestions on how you can save fuel and save money. *Reg. T.M. O.-C.F. Corp.

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Please send me a computer analysis of heating and cooling savings in my area. Also the free booklet on fuel savings suggestions.

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BHG

Relaxing solutions for Landscaping problems

Photographs: de Gennaro. Landscape architect: William Kapranos



Take a fresh look at the same old view

By Hamilton Mason, Garden Editor and Larry Grove, Associate

You can have a great landscape without working too hard at it. It can be simple or luxuriant. Plan it right, and either way, it will require a minimum of maintenance. Here are some of those easy solutions. Not all of the plants shown are hardy; substitutes are in parentheses.

The low-maintenance backyard (above right) was developed by the homeowners from a plan provided by the landscape architect. They took a year and a half, working as they liked, and managed to save a third of the bid price. Decking serves as a dry traffic route between terrace, living room and bedroom wing. Cedar boards, spaced one-eighth inch, are nailed to 4x4 redwood girders set on concrete building blocks to allow runoff of water.

There's no lawn to mow around this backyard patio (right). Serenity is achieved by grouping various shades of green—vinca, sedum, pachysandra. Splashes of color are only for spring: a Sargent crabapple at left and two redbuds. They're neatly tied to the house by low junipers, which also soften the patio.

Landscape architects: Edward S. Fried & Associates



The narrow stretch between a garage wall and walkway is often neglected—because the homeowners don't know how to handle it. At far right is a fine solution—with abundant varieties of plant material used harmoniously.

Azaleas (flowering quince) produce spring color, which can be followed by set-out plants of tuberous begonias or caladiums. Pink-eyed Madigascar periwinkle relieves the lengthy stretch of ajuga ground cover. Coarse-textured podocarpus (upright yew) by door adds the right touch to an otherwise blank garage wall. Variegated pittosporum (variegated dogwood) at right completes an overall woodsy effect. Shrubs need only an occasional light pruning to keep them in bounds. Do this, or you'll regret brushing against them when they are wet after a rain.

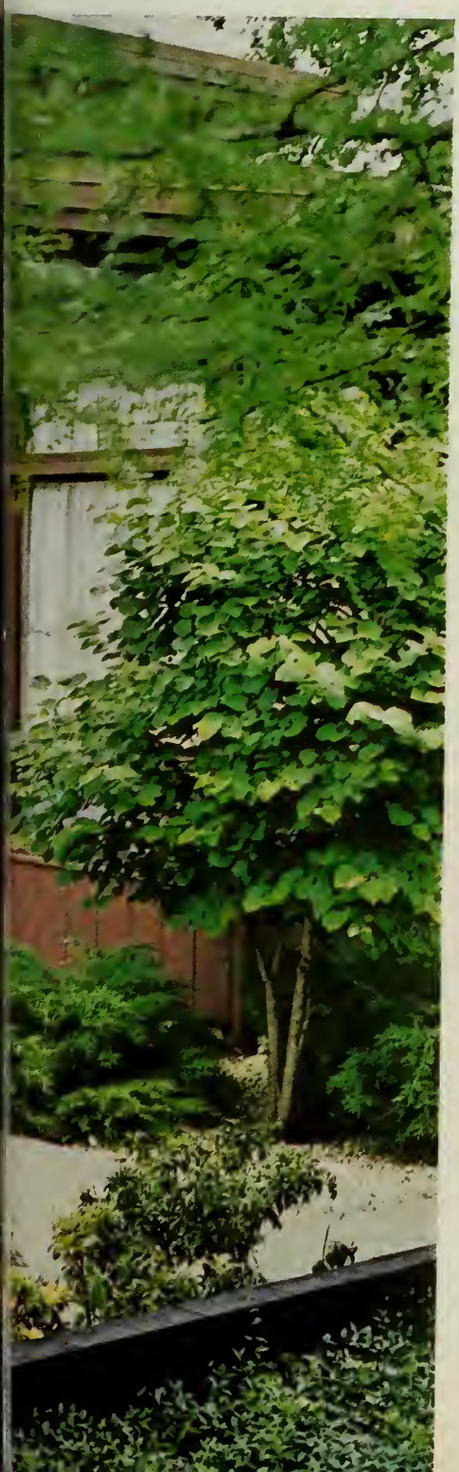
The backyard (below) really needed landscaping badly. There was no privacy between the bedroom patio and the living-room wing.

A solid fence seemed too harsh a solution, so plants of *Euonymus alatus* were set at 14-inch intervals in a double curve, starting at the house wall. Tapered form of the hedge has been easily maintained by shearing off new growth whenever it exceeded the desired height. The entire "wall" turns red in fall—to end the season in a final burst of color. Note the effective results obtained by having the formal hedge terminate in an informal planting.

Roses do well on the sunny side of the hedge. They're easy to care for in this narrow bed where you can get around the bushes to work with them at minimum risk of damaging plants.

Landscape architects: Kenneth Wormhoudt & Associates, A.S.L.A.







Photographs: Suter, Hedrich-Blessing

Buying information, page 92

Relaxing Solutions

Plan a low-upkeep entrance or driveway



Landscape architects: Dyo Bros.



Just a few shrubs, trees and ground covers create the balance in the very low-maintenance front yard shown above. The tree at left is an avocado (horse-chestnut) and Monterey pines (Scotch pines) emerge from the mounds. Korean grass and babys-tears (sedum) cover mound on right, while the one on the left has junipers, nandina (Korean boxwood) and variegated pittosporum (Vicary golden privet). A tall fatshedera in a container and gold-dust tree (golden dwarf mock-orange) line the entranceway. Fine gravel surrounds the walk, which gains variety by alternating plain concrete with exposed aggregate in irregularly set modules.

To the left you see what can be done with a six-foot area between a driveway and the neighbor's lot—low-maintenance planting plus privacy screening. Weeping Chinese banyan (Nanking cherry) grows along the lot line while peach and apricot trees cut off the height of the neighboring house. A few clusters of periwinkle fit well into both sunny and shaded spots of the ornamental strawberry ground cover. Lining the driveway are dwarf boxwoods. A 2x4 redwood header runs the length of the planting area, 16 inches from the drive and in back of the hedge, so the ground cover can be kept within its own space.

The owners took advantage of a driveway-widening project (above right) to rebuild their brick walk into a softly curved approach to the front door. To avoid a ribbonlike appearance, they made the steps twice as wide as the walk. Small natural stones serve as risers, with treads 16 inches deep and a handy 16-inch "landing" next to the drive. The owners didn't skimp on plant material but there still isn't anything that takes a lot of attention. Azaleas (impatiens), pink strawberry geranium (vinca), holly, ajuga and a few marigolds provide change of color, texture and design in this location of shifting light. A rough boulder contrasts well with the smooth stone steps—thanks to mondo grass (festuca) that separates the two hard surfaces.

You can have lots of color in a low-maintenance yard (right) if you select the right flower. Here, it's First Lady marigold, which blooms repeatedly in an almost solid mass of color during the summer. At the front entrance, low boxwood hedges outline areas planted with azaleas—to provide spring color. An espaliered magnolia (yew) provides interest to the left of the entrance, and container-grown espaliered pear stands by the garage. A flowering pear shades both the entrance and part of the drive during peak heat of the day.



Landscape architect: John Catlin A.S.L.A. Source: Dorothy Campbell





Photographs: de Gennaro. Landscape architect: Edward F. Warde. Source: Pauline Graves

Relaxing Solutions

No "typical" lot has to stay typical

Before



Photograph: Louis Reen

Starting a landscape from scratch is a lot of work. Approach it the easiest way. Budget both your time and money by finding a landscape architect who will provide a two- or three-year plan for you to work from. To help you solve your problems, we offer two before-and-after landscape situations on these and the following pages.

You'll recognize (left) the typical back-door pad with little to set it off—no landscape plan, no privacy, adjacent lots open to each other.

The privacy problem was solved by combining a stockade fence with curving planted borders. Hemlock, flowering crabapples and hawthorns were effectively planted as a living wall to block off a neighboring house and still provide a view for everyone.

To make something livable out of the back-door area, the owners first put up an eggcrate trellis. This allows plenty of light to keep decorative potted plants thriving. A free-form flagstone paving extends the size of the terrace so there is now plenty of space for entertaining. Steps turn what had been a problem sloping yard into two useful levels. A small pool accommodates both fish and water lilies, and container-grown plants provide movable color accents.





Photograph: Guerrero. Landscape Designer: John P. Donofrio. Source: Kit Tyson

Relaxing Solutions

The effect is big, but not the maintenance



Before

The rear court (far left) of this H-shaped house should have been a great outdoor living area, but sliding doors opened onto nothing.

Wonders were effected by laying a curved brick paving on a 14-foot radius. Bricks were set on limestone screenings, but you could substitute sand for a base. The wall, made of weathered stone with bluestone coping, provides ample extra seating if needed. Euonymus ground covers soft-





en both base of wall and foundation of house. Completing the landscaping are just a few basic plants: witch-hazel at the right corner and espaliered against the brick wall, center; dogwood in angle of house; redbud, far left. Geraniums in containers need little care and give season-long color.

The air conditioner is concealed from both front and backyards by 2 feet of six-foot-high stockade fence set in a double curve. Section directly behind the unit is removable for servicing when necessary. Separating the fence from the walkway of fine gravel is a euonymus ground cover confined by a metal edging. A Russian olive is good for breaking up a long, narrow space because it will stay small and manageable indefinitely.

Before



As this "before" picture illustrates perfectly, it takes more than a few random shrubs to landscape a house. Here there was nothing more than a way to get in and out of the house

Now, the front has been changed into an inviting approach to the entrance. Precast aggregate-concrete squares pave all but the planting areas. A hurdle fence and lamps define the court and direct traffic to the front door (a good solution where there's an equally prominent service door). The Russian olive tree lightly shades both the entrance court and the rooms that give on it. Note how plantings of petunias and geraniums form an attractive transition from the driveway into the entry enclosure. Two winged euonymus bushes balance each other—one inside the fence, the other outside—to tie everything together and make an effective and unified whole of the landscaping.



aphs: Suter. Hedrich-Blessing. Landscape architects: Ralph Synnestvedt and Associates. Source: Jessie Walker

Buying information, page 92

Our pick of the colorful new flowers



Landscape architect: George Fuller



Architect: W. Ted Tyler, A.I.A.



Photographs: de Gennaro. Landscape architect: Joseph Copp, Jr. Source: Pauline Graves

By Hamilton Mason, Garden Editor

What's new isn't always good but the flowers we're showing you here truly are. They have been evaluated for several years before being introduced.

Zinnias and marigolds (far left) bloom abundantly over a long period of time, and survive heat and dryness. You may have to spray zinnias for mildew late in the season and give marigolds an application of a miticide to counteract red spider mites, but neither job is time-consuming. Salmon-red zinnia Emperor produces five-inch blooms. Marigold Empress is an F1 hybrid with four-inch flowers.

It would be hard to get more color into small space than you see above left. Both the brilliant dianthus Queen of Hearts and the multicolored snapdragons Little Darling are All-America Selections for 1971. Both flowers grow only 12-15 inches high. Snapdragons branch naturally—no need to pinch out.

The new roses (left) are really special. Oldtimer, a hybrid tea of apricot color, puts forth blooms up to seven inches. The two-toned pink is an All-America winner for the year. It varies from one flower to the other and so is appropriately called Aquarius—an unusual grandiflora. Pilgrim, another hybrid tea, is a valuable dark red that keeps its color without "blueing."

Redgold (right, foreground) is another All-America winner. Orangy yellow flowers tinged red make a striking combination in a floribunda. Imagine a blazing hedge of this! Firelight is a fragrant coral-red hybrid tea that fully deserves being named Rose of the Year.







Town Houses

Home ownership with apartment convenience

By Stephen Mead, *Architectural Editor*

Our urban areas keep growing, and their land keeps shrinking. Little room is left for the kind of house with private yard in front and back that we grew up in. We simply must put more people in less space. This doesn't mean we must build beehives. It's not as bad as all that. Indeed, there are some excellent solutions. One of them is the rediscovery of the town house.

Town houses were common in our Colonial days. Then, as America exploded into the wide-open spaces, they faded into obscurity. Today, with our population squeeze, they're welcomed back in their new form which combines maximum residential density with privacy, individualized design, common green spaces and individual, secluded patios—a really fine family environment.

As you'd expect, there's a wide range of quality in town house construction. To illustrate what we believe a good town house should offer, we've chosen one from Sandpiper Cove, an advanced development located in Rumsey Island, Md.

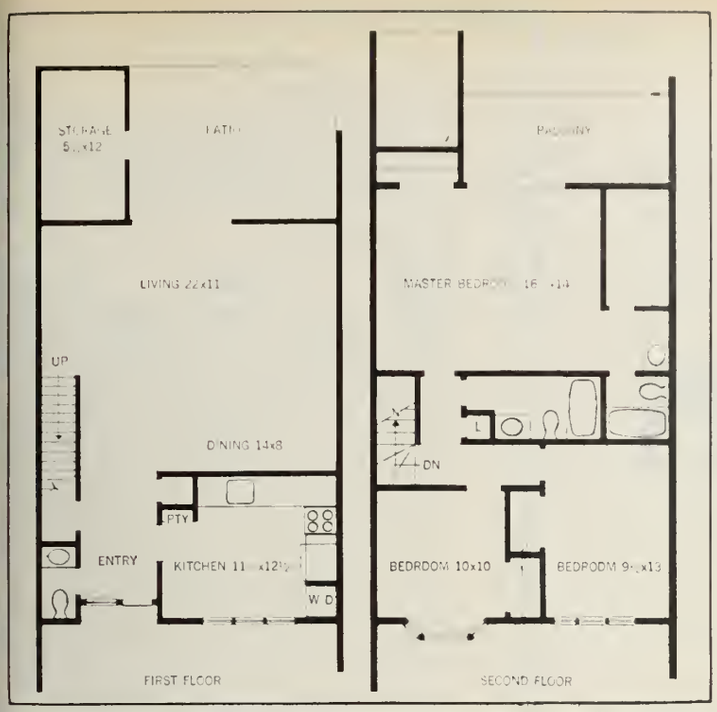
The front exterior of this town house (above) demonstrates how side-by-side houses can still retain individuality. Each is set off by unique design, color scheme and the material used. Owners share a convenient parking area beyond the front yard.

At the rear, outdoor storage units on either side of the patio jut out beyond the house to form a sight barrier. There's no way neighbors can eye your patio or balcony.

Because a town house needs only a small lot, you save time and money on yard maintenance. Between houses, common walls made of soundproof masonry cut down on upkeep, heating expenses and construction costs. You have, in



Photographs: Louis Reens. Architects: Marks and Cook. Interior design: John Stone IIL Source: Kit Tyson





effect, many of the advantages of home ownership with all the convenience of apartment living.

The living room gives you that sense of space that comes with excellent planning. It faces the rear, and you can enjoy your garden scenery instead of having to watch the traffic.

The master bedroom (left) has its own private outdoor balcony. Here's a place where parents can slip away for a quiet moment without feeling locked in. Above the bedroom, a hidden staircase leads to attic storage.

Extra storage space, convenient bathrooms, traffic flow and optimum use of living areas are all efficiently designed into the floor plan. Note how the extra-large kitchen doubles as the laundry center. Priced in the low 20s, this 1400-square-foot town house is another example of excellent land use and house design at an affordable price.



70,000 Taxpayers Speak Out

Our property taxes are a crime . . .
The $600 exemption is laughable . . .
Polluters should be punished with taxes . . .

These comments represent just a few of the reactions we got from some 70,000 concerned readers who responded to our tax questionnaire in the June 1970 issue. This questionnaire—which required at least a half hour to complete—tapped a well-spring of thoughtful, penetrating observations on today's tax system. Obviously, not all of the comments were as scathing as those above. Yet a good many were even more biting, and understandably so.

In answering the 73 questions on taxes, from property assessments to such esoteric varieties as user taxes, these readers showed us one heartening fact. In a year of violent protests, boycotts and strikes, you still could get some deliberate, carefully considered reactions to one of the sorest spots in our society's economic framework.

It's even more encouraging that the respondents represent the action-oriented core of our nation. They're younger, better educated, surprisingly objective—even hard-nosed at times. Most importantly, they showed us they know the score on this almost impenetrable phase of family economics. We feel they've produced a definitive statement on taxes that cannot, in conscience, be overlooked by our country's legislators and opinion leaders.

To order the complete tax questionnaire report, see coupon on page 94.

THE STATEMENT

In many communities today, voters almost automatically reject school-bond issues. This is the only way to drive home the point to school officials that school costs are out of hand.

THE RESPONSES

(See Editor's note, opposite)

Strongly agree	Agree	No feeling either way	Disagree	Strongly disagree
20%	29%	8%	29%	13%

THE INTERPRETATION

School-bond defeats are commonplace these days. In several communities, from Ohio to Oregon, public schools have shut down because voters refused to authorize additional funds. From the news reports and commentaries, you could get the idea that voters, especially the beleaguered homeowners, are almost unanimous in their defiance of additional school appropriations. Yet for the respondents here, the issue is far from clear-cut. Agreeing that school bond rejection is the only way to drive home the message that school costs are too high: 49 percent. Disagreeing with that proposition: 42 percent.

•

Property taxes go up every year; costs of public schools account for most of the increase. A ceiling should be imposed on teachers' salaries to limit this large part of the expense.

Strongly agree	Agree	No feeling either way	Disagree	Strongly disagree
9%	13%	4%	46%	27%

82 percent of the respondents here were homeowners. In a year marked by widespread, bitter protest over rising property taxes, you would expect this group to echo that anti-tax sentiment—even where teachers' salaries are concerned. Yet 73 percent disagreed generally with the proposition, 22 percent agreed.

•

College costs are among the biggest expenses for many families, and currently there is no tax break on them. Because education is so important to the social and economic well-being of our country, these expenses should be fully deductible.

Strongly agree	Agree	No feeling either way	Disagree	Strongly disagree
35%	31%	3%	22%	8%

Since more than half the people who answered the questionnaire have children under 18, you would expect even more than 66 percent to agree that budget-breaking college costs should be fully deductible.

•

Homeowners now can deduct such things as mortgage interest charges, property taxes and casualty losses. This tax advantage should continue because it is a benefit to home ownership.

Strongly agree	Agree	No feeling either way	Disagree	Strongly disagree
46%	48%	2%	3%	1%

With 94 percent agreeing to this proposition, there's little question how these homeowners feel about keeping home-related deductions

in our tax system. And in a similar question on homeowner deductions, 79 percent agreed that if mortgage interest, property taxes and casualty losses weren't deductible, many people probably couldn't afford to own a home.

•

A recent proposal would tax parents who have more than two children. In other words, they get an exemption for the first two, but must pay a tax on the third, the fourth and so on. Do you agree or disagree?

Strongly agree	Agree	No feeling either way	Disagree	Strongly disagree
23%	22%	4%	29%	22%

At first glance, these figures seem to indicate that there's no strong feeling either way on this issue: 45 percent agree; 51 percent disagree. But consider that the tax plan described above actually would direct family planning through economic pressure. This means that the 45 percent who agree to it want the government to take a relatively drastic—or at least very personal—step to reduce our population growth.

•

No (tax) credits should be given to companies because they use pollution control devices. It should work the other way: if a company pollutes our air or water, a tax penalty should be levied against it.

Strongly agree	Agree	No feeling either way	Disagree	Strongly disagree
41%	32%	4%	19%	4%

During the past year, pollution and its effects have been dramatized by the communications media, from newspapers to magazines and television. In most instances, industry has been portrayed as one of the chief culprits. From the responses shown above, there's little doubt that the message, whether correct or incorrect, has gotten through. Here 73 percent agree with the proposition that tax penalties should be levied against companies that pollute, and 41 percent of these agree "strongly."

•

Since lower-income groups spend a high proportion of their income on basic necessities—such as food and clothing—a sales tax on these items is unfair.

Strongly agree	Agree	No feeling either way	Disagree	Strongly disagree
28%	38%	2%	26%	5%

Many economists agree with the proposition above, feeling that the poor get hit harder than higher-income families. Other economists, harking from a harder school of economics, say a general sales tax is fair because when everyone pays some tax, thus equalizing the tax burden. The respondents here evidently favor the logic of the first group of economists: 66 percent agree that a sales tax on basic necessities is unfair.

EDITOR'S NOTE: You'll find that the percentages sometimes add up to less than 100. That's because we didn't include a sixth column labeled "did not answer," which rarely accounted for more than one percent of the responses.

It is wrong for either the wealthy or the poor to pay no federal income tax. Everyone should pay at least a specified part (say 10 percent) of his income as federal income tax.

Strongly agree	Agree	No feeling either way	Disagree	Strongly disagree
24%	35%	4%	28%	8%

Judging from the responses you ordinarily get on the cocktail party or bridge game circuits, almost every adult feels that the wealthy invariably get away with murder on their income taxes ("18 millionaires paid no tax at all in 1966" and so on). Often, you hear the same criticism about the lower socio-economic groups, who because of their minimal incomes, are accused of "never paying their share." Unrealistic as some of these outcries are, they're evidently a reflection of concern over the heavy tax load borne by the middle-income groups: here 59 percent agree that *everyone* should pay a specified part of his income in taxes—an idea that, with the passing of the "minimum tax plan," has become reality for upper-income groups.

•

Many Americans resent filling out an income-tax form—particularly if they claim deductions. It would be simpler to have the government compute the tax (based only upon gross income and number of dependents), then bill each person accordingly. We would all end up paying about what we do now anyway—because deductions tend to cancel out among taxpayers. Also, those who cheat on deductions could no longer do so. What do you think of this plan?

Strongly agree	Agree	No feeling either way	Disagree	Strongly disagree
8%	18%	8%	37%	28%

Despite the widely publicized agony most taxpayers suffer through each year, fighting the great 1040 battle, there seems to be no great urge to turn the task over to the government. Agreeing with the plan, 26 percent. Disagreeing, 65 percent.

•

If an investor buys a stock and holds it for six months, he's ordinarily taxed on only half of any gain. This is not fair. Money made by investing should be taxed at the same rate as salaries.

Strongly agree	Agree	No feeling either way	Disagree	Strongly disagree
15%	28%	6%	37%	14%

If there's any place where our frontier heritage ought to carry over, it should be here: for a calculated high investment risk, you stand a chance at greater return, and you should be allowed to keep your hard-won gains. Economists generally applaud the lower tax on capital gains, but for less romantic reasons. They say the lower tax encourages investment in business, making more money available for industrial expansion and general growth of the economy.

Yet the responses show no strong feeling about this example of a high-risk, high-return venture. 51 percent disagree that a capital gain should be taxed at the same rate as someone's salary. But 43 percent agree that it should.

A "user charge" is a tax paid only by those who use a certain service or product (i.e. the gasoline taxes that support highway construction). This tax should be expanded to other logical areas—say, for instance, supporting airport operations through a direct tax on airline passengers' tickets.

Strongly agree	Agree	No feeling either way	Disagree	Strongly disagree
20%	54%	9%	12%	4%

Considering the vast array of tax reform proposals, and the fact that this one hasn't generated great interest among voters, you might expect a fairly even split at best. Yet here 74 percent agree with the plan, 16 percent disagree. This may not constitute a mandate for the "user tax," but it does reveal a heavy current of opinion running in favor of it.

•

As you know, municipal bonds allow local governments to raise funds for community services at low interest cost. However, buyers of these tax-free bonds generally are the well-to-do, who turn them into very advantageous investments. Municipal bonds should not have tax-free status.

Strongly agree	Agree	No feeling either way	Disagree	Strongly disagree
15%	29%	10%	35%	11%

Municipal bonds have long been used by investors to get a low but relatively stable interest return on larger sums of money. Recently this attracted the ire of taxpayers, largely because it has become widely known that extremely wealthy investors use the bonds as one device to avoid paying taxes altogether. But the issue is less clear-cut when the tax loophole aspect is balanced against the merits of municipal bonds as a basic means of community financing. 44 percent agree that these bonds shouldn't have tax-free status. 46 percent disagree with that statement.

The influence of the community-financing factor was apparent in another question phrased as follows: "While it's true that some large investors take advantage of tax-free municipal bonds, we should continue the exemption. This source of money is more important to communities than the fact that a few people receive a tax advantage." In that case, 53 percent agreed, 37 percent disagreed—a distinct shift in responses.

Continued on page 94

WHO ARE THESE RESPONDENTS?

- **They're well-educated**—23 percent attended college, another 23 percent have earned college degrees, and another one-fourth have done graduate work.
- **They're younger**—about a third are 25 to 34 years old, a fourth are between 35 and 44, one-fifth are in the 45 to 54 range. Only seven percent are over 65.
- **They're "tax conscious"**—82 percent are homeowners, more than half have children under 18 and in nine-tenths of the cases, a man is head of the household.
- **Men filled out more than half** of the questionnaires. (Eleven percent were filled out by both the man and wife.)

Build a buffet for plug-in parties formal & informal

Simplify your entertaining with small appliances and buffets that are designed to hold them. On these four pages you'll find both formal and informal storage, plus serving ideas to suit a crowd or just your family. You can build the handsome buffets from our project plans.

For elegant suppers and large parties, you'll need the generous storage space that this buffet provides. The two outer sections contain adjustable shelves, while the middle area is left open to hold large items such as wine racks, coffee makers, ice buckets and punch bowls.

The spill-proof top of plastic laminate slides apart at the center to extend the serving area and reveal a cutout space. A standard-size plastic pan fits the cutout and holds ice for salads and beverages.

Overall dimensions are: 5 feet long, 2 feet deep, 32 inches high. The exterior features $\frac{3}{4}$-inch oak plywood, solid oak lumber and plastic laminate. Two shades of stain and a hand-rubbed finish will bring out the wood's natural beauty. The unit can be placed beside a wall or used as a room divider. The back is saw-kerfed to resemble the doors and is finished enough to look interesting from any angle.

(Below left) You can prepare a wide range of foods from spareribs to doughnuts with a kettle like this. It's a deep-fryer, roaster, cooker, food warmer and server all in one. The attractive 5-quart appliance has non-stick interior, porcelain-on-aluminum exterior and an adjustable thermostat.

(Below center) An elegant chafing dish with reliable controlled heat will make tabletop cooking easy and enjoyable. Use for flaming desserts, vegetables, casseroles, appetizers and entrees. You can prepare foods over the heating unit or over the water pan, double-boiler style.

(Below right) Try an electric knife for easier carving and slicing. This model has a blade that can turn a 90-degree angle to let you carve turkey, ham and roasts vertically or horizontally. The model has its own scabbard and handsome tray with a cord storage compartment. You can store the tray in a cabinet or mount it vertically to save space.

By Janice Heckroth and David Ashe











For large gatherings, choose an electric percolator (*far left*). This one brews 15 to 35 cups of coffee. A food warmer (*second left*) will keep rolls fresh and warm as long as the party lasts. (*Right*) This electric serving dish keeps food warm 45 minutes after the dish is unplugged. It's also available with a stack unit that doubles its capacity. An electric chafing dish (*right back*) can prepare and serve a variety of foods.

Better Homes Project Plan 4103-1. To order, see page 106.

For family fun and impromptu entertaining, this compact buffet will serve you well. Appliances and serving accessories stored in this manner are ready to use anytime they're needed.

The narrow storage space at the top is divided to hold large beverage bottles on one side and left open on the other side for flat items. Two of the storage units below have adjustable shelves that will accommodate various sizes of appliances. The middle unit can house tall items such as candlesticks, serving trays and cutting boards.

A recessed frame on top, bottom and front holds the storage units together and gives them the illusion of floating. Screen molding edges the rectangular units, and practical plastic laminate seals the top surface.

The entire unit is 4 feet long, 18 inches deep and 32½ inches high. Basic materials are ¾-inch plywood, ½-inch plywood, ¾-inch lumber, ¼-inch hardboard, plastic laminate, screen molding and gloss enamel. Hardware includes magnetic door catches and sliding door tracks.

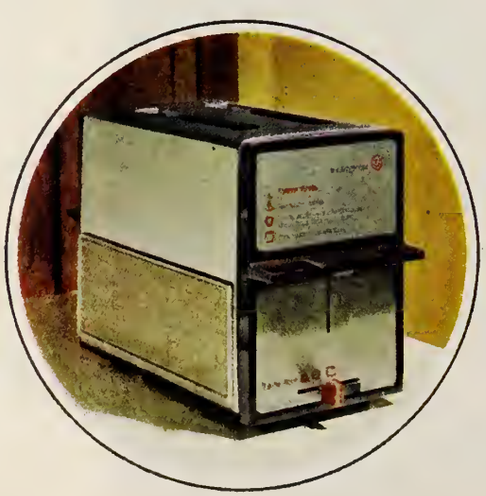
(*Below left*) Can opener/ice crusher does all of its jobs automatically. It can pierce a can, open it, lift off the lid and turn itself off. It also comes equipped with a removable blade mechanism that snaps off and on for easy cleaning. The ice crusher section serves up different grades of ice from fine to coarse, with a high-speed continuous feed action that keeps up with the party. The crusher also comes in beige and copper tones.

(*Below center*) This adjustable toaster will toast more than just bread. By using a special setting, you can toast convenience foods such as frozen pancakes, pizza, tarts and muffins. The simplified setting guide is easy enough for your children to operate.

(*Below right*) Here's a combination mini oven and toaster unit that you'll find convenient and practical. The compact, easy-to-clean oven has three basic functions: it toasts various breads and frozen waffles, top-browns muffins and open-face sandwiches and bakes potatoes, rolls, pastries and frozen foods at a temperature range of 200 to 500 degrees.

Build a buffet for plug-in parties formal & informal







Photographs: Hopkins. Designer: David Ashe



An electric blender such as this (*above left*) can whip up delicious sodas and shakes or crush ice cubes with equal ease. This model comes with push-button controls and a two-piece cover that lets you add ingredients while the blender mixes. Automatic corn popper (*above right*) has a clear plastic cover so you can watch it operate. When the popcorn is ready, turn the popper over and use the four-quart cover as a server.

Better Homes Project Plan 4103-2. To order, see page 106.

Buying information, page 92

Sew up some beautiful savings





Above: Make an ordinary chair look elegant by stitching a crewel cover. This original design was created just for Better Homes and Gardens readers. Warm orange, burnt sienna and green-gold petals and leaves play on a wheat-colored background that complements the richness of wood grain.

Three basic stitches make this design easy, so don't limit yourself to just one. You also can make it as a 14x14-inch pillow. Each kit contains complete instructions, needle, yarns and linen for making pillow or cover.

To order kit for chair cover or pillow, or pattern for crib set and bedspread, see page 106.

By Morley B. Smith
Crafts and Design Editor

To brighten your home without depressing your budget, spruce up your possessions with imaginative sewing projects. All it takes is a modest investment and you can have custom designs. For how-to instructions turn to page 108.

Opposite: Who says dinette sets must look the same? Make yours stand out with distinctive slipcovers. We chose a print for the chairs and machine-appliqued cutout flowers on the table cover.

Easy-care cottons or blends will make these covers both practical and pretty. The elasticized table cover washes as easily as any tablecloth.

Below: Delight your baby with butterflies appliqued to his crib set.

Fabric butterflies, crib sheet and bumper cover are easy to make from our pattern and instructions. Snap openings give the set a good fit and allow quick and easy removal for washing.











Buying information, page 92

Photographs: Hopkins. Designer: Jean LemMon

Sew up some beautiful savings

Opposite above: Transform ordinary or worn-looking hassocks by dressing them in stunning slipcovers.

Each cover is elasticized for easy removal. Covers made of washable fabric such as broadcloth and Indian-head will prove most practical.

Opposite below: Wake up a dull bedroom with your own exciting designs in sheets and pillowcases. They're simple to sew and only look costly.

Fabric for sheet trim, dust ruffle and pillowcases can match wallpaper or provide contrast. Easy-to-wash cotton and blends will work best.

Left: Give your slipcovers a personal imprint with trapunto designs on the seat and back. The circular design we've shown was done by machine on ribless corduroy.

A solid color in a fabric such as twill, silk or velveteen will show off the design to best advantage. If you are a novice at slipcovering, make the cover first in muslin, then tear it apart for a pattern.

Above: A bold appliqued design can turn a bedspread into a focal point. Ours features a contemporary version of an old patchwork motif.

Make the spread from a fairly stiff, ravel-resistant fabric. Our pattern includes instructions on the design and construction of the spread.





Fish your family can't resist

By Doris Eby, Food Editor, and Patricia Pollock, Associate

You no longer have to live near water to enjoy fish and shellfish that taste truly fresh. New methods of freezing, canning and packing now make these gourmet favorites available all over the country. Here are a dozen new ways to make them especially delectable.

Serve a shellfish spectacular

lobster

A shiny red lobster, steaming hot and ready for eating is our idea of a great meal. Our CLAM-BAKED LOBSTER, brimming with clam-laden bread stuffing, is a feast for one or two. Serve with love (and a coverall apron or bib) to someone very special. Arrange the luscious lobster on a platter embracing a lemon cup filled with melted butter. Dig in and enjoy.

oysters

Bring on an enticing entree like our OYSTERS EN BROCHETTE. The oysters, wrapped in just-crisp bacon, share skewers with whole button mushrooms and bright green pepper pieces. Brush often with lemon-garlic butter while baking, then present to your lucky diners. For a party, serve as hot hors d'oeuvres using one bacon-wrapped oyster per skewer.

crab meat and shrimp

Crab meat and crescents of shrimp nestle in LAND AND SEA SALAD. Vying for honors with the seafood are creamy avocado slices, cherry tomatoes, green onion rings and crisp mixed salad greens. Serve this dinner-size salad with a flair. Toss with the peppy Curry Dressing at the table, or serve buffet style and let everyone help himself.

Recipes begin on page 98



Photographs: de Gennaro

Bring out the best in fresh fish

salmon

The fresh-from-the-sea flavor of glowing salmon mingles with a spiced soy-lemon marinade for our SALMON STEAKS TERIYAKI. Broiled sizzling hot, the salmon are plattered here with a perky lime garnish. Pale white wine, given a dinner chill, is great served with these sea steaks.



Buying information, page 92

snapper

Bring on your most resplendent table appointments—linen, china and sterling—for SNAPPER ROLLS ELEGANTE. Deserving the place of honor on any menu, these filled fillets are unquestionably company fare. A delicate crab-mushroom melange is tucked inside the snapper, which is then rolled, wine-sauced and sprinkled with shredded Swiss before baking.

trout

Whether you catch them yourself or buy them at the store, fresh whole trout are a real treat. These OVEN-BARBECUED TROUT are brushed with bottled barbecue sauce and filled with herb-seasoned stuffing. Then give them another generous brush of barbecue sauce and foil-wrap for slow cooking in the oven.

Recipes begin on page 98



Concoct something from a can

tuna

We'll bet that tuna is one of your favorites, but how often do you give it special treatment? Our CHEESY TUNA CHOWDER teams large chunks of tuna with cheddar cheese soup and tomatoes for full-bodied flavor. Who'd guess that anything that tastes so good is easy on the budget?



clams

Perched atop rock salt, our PEPPY CLAM SHELLS make an appealing dish. Bubbly hot, these minced clam specials are topped with buttery crumbs and perky cherry tomatoes. Serve small portions for a first course, larger ones for entrees. Either way they'll make a hit.



salmon

Fluffy golden mounds of whipped potatoes crown this marvelous meal-making DILLED SALMON PIE. Remember this hearty salmon-loaf-in-the-round when you want to give your family menu a change of pace. When serving, drizzle each salmon wedge with warmed sour cream sauce, sporting a devilish dash of dill.

Recipes begin on page 98

fish sticks

Pick up frozen fish sticks for a thrifty meal-in-a-dish. Arrange them spoke-fashion atop a sweet-sour sauced bed of rice, green peas and pineapple tidbits for FISH STICKS POLYNESIAN. Pop it all into the oven for a half hour, then serve with a garland of crisp carrot curls.

Fish hot and heartening from the freezer



scallops

Try our CHIP AND CHEESE SCALLOPS on someone who doesn't think he likes seafood. Then watch him change his mind as he savors the delicate sea scallops coated in a parmesan-mushroom sauce. A topping of shredded sharp cheese and crushed potato chips adds a flavor fillip.

halibut

HALIBUT STEAKS AMANDINE begin with delicate poached fish. Toasty sliced almonds and a creamy lemon sauce adorn the steaks; watercress and radishes add a festive platter note. *Recipes begin on page 98*



Fish facts
all you need to know

shellfish and fish buymanship

SHELLFISH can be bought fresh, frozen and canned. When available fresh, it may be live, partially prepared, or cooked and ready for eating.

Fresh live shellfish: It is important that shellfish show signs of life. Crabs and lobsters should actively move their legs. Oysters and hard-shelled clams should close their shells when tapped lightly.

Partially prepared fresh shellfish: Scallops, oysters, clams and mussels that have been removed from their shells are packed in a clear liquid. Shrimps and prawns with heads removed are also considered to be in this category.

Fresh-cooked shellfish: In the refrigerated case at your market, you'll find a selection of whole cooked crabs, lobsters and shrimp, as well as their ready-to-eat meat in a number of different forms.

Frozen shellfish are available cooked or uncooked, in or out of the shell. When buying shellfish in transparent bags, look for those without freezer burn. Packages should be without frost and wrapped tightly.

Canned shellfish: Whole shellfish, chunks of meat and smoked meat of the shellfish are available in vacuum pack cans without liquid, or liquid-packed in brine or juice.

FISH may be purchased fresh, canned and frozen. Many different kinds in various sizes and forms are on the market.

Fresh whole fish: Look for fish with elastic yet firm flesh. Eyes should be bright, clear and bulging; gills should be red if not already removed. The inside of the fish should be bright pink or red. Avoid fish with a strong odor and a dull slimy skin. If scales and fins are still on fish, ask to have them removed at the market. Frozen fish should be tightly wrapped and sealed. Check to see that fish is solidly frozen without any sign of frost inside or outside the package.

Fresh fish fillets, steaks or chunks: These should be firm and have a fresh appearance. Avoid those with dried edges and a strong fishy odor.

Canned fish: Several types come in cans. Some are packed according to size of the pieces, such as tuna, which may be fancy or solid pack, flaked or grated. Others, such as salmon, are packed by species. Chinook and sockeye salmon are the deep red species which break into large chunks; pink and chum salmon break into smaller flakes. Still other fish, such as sardines and herring, are canned in variously flavored sauces such as wine and mustard.

fishmarket vocabulary

When asking for fish or fish products, use these terms:

Whole or round: Fish as it comes from the water. Before cooking, you must scale and eviscerate the fish (remove the internal organs).

Drawn: Fish that has already been eviscerated.

Dressed or pan-dressed: Fish that has been eviscerated and scaled. The head, tail and fins are usually removed. In most markets, pan-dressed refers to the smaller fish.

Fillets: Pieces of fish cut lengthwise from sides of fish away from backbone. A fillet is generally boneless. When cut from one side of the fish, it is referred to as a single fillet.

Butterfly fillet: A piece of fish cut from both sides of the same fish and held together by uncut meat and skin from the underside of the fish.

Steaks: Cross-section slices from a large, dressed fish. Slices are ⅝ to 1 inch thick with a cross-section of the backbone included.

Chunks: Cross-section pieces cut from a large dressed fish. The only bone is a cross-section of the backbone.

Portions: Pieces of fish cut from blocks of frozen fish that are bone-free. You can buy uncooked or partially cooked portions, both with a bread coating.

Sticks: Pieces of fish cut from a block of frozen fish that is bone-free. They usually come breaded and partially cooked.

refrigerator and freezer storage

Fish and shellfish are very perishable and should be kept refrigerated from the time you buy them until you use them. For longer storage, all seafood must be kept solidly frozen.

Store fresh fish tightly wrapped in moisture-vapor-proof material or in an airtight container in the refrigerator. Use within a day or two or prepare for freezer storage.

To freeze fish cuts, dip steaks or fillets in a solution of ⅔ cup salt to one gallon water for 30 seconds. Then tightly seal in freezer paper or in a freezer container. Keep packages small; family-sized portions are ideal. Separate individual servings with two pieces of waxed paper for easy separation, or wrap each portion individually. Seal and label with contents, weight or number of servings, and date. Turn freezer control to coldest setting; freeze fish quickly. Store at –10 degrees or below. Do not freeze fish longer than six months. Slightly longer storage is permissable at extremely low temperatures, but prolonged storage affects flavor, texture and color.

Cooked fish should be stored in a covered container. It can be kept in the refrigerator up to three or four days.

Shellfish should be wrapped and stored the same as fresh fish. Live shellfish must be cooked immediately and the cooked meat should be used as soon as possible. Keep shellfish refrigerated.

How to freeze shellfish depends on the variety. Shuck oysters, clams and scallops before freezing. Pack in freezer containers, leaving a ½-inch headspace. Crabs and lobsters should be cooked before freezing. Then chill, remove meat from shells, package, label with contents and date and freeze. Use frozen cooked meat within a month. Uncooked shrimp may be frozen in shells or with shells removed. Most frozen shellfish should be used within three months.

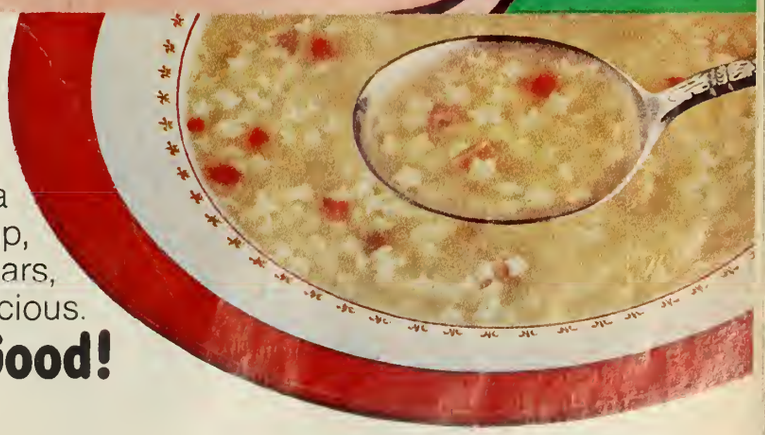
Thaw frozen fish and shellfish in the refrigerator in the original wrapper. Plan on a one-pound package taking about 24 hours to thaw. For speedier thawing, place wrapped packages under cold running water. This method takes only one or two hours for a one-pound package. Use the thawed fish within a day. *Do not* let frozen fish thaw at room temperature or in warm water. *Do not* refreeze fish. *Do not* thaw frozen fish portions before cooking.

TWINKLE, TWINKLE BIGGER STARS!



Campbell's Chicken & Stars Soup is brighter than ever. Because the stars are bigger than ever. Now bigger macaroni stars of enriched durum wheat twinkle in a broth made with not one, but *two* chicken stocks for extra chicken flavor. And juicy pieces of plump, tender chicken. Campbell's Chicken & Stars, now with bigger stars, is out-of-this-world-delicious.

M'm! M'm! Good!





Incredible cocoa challenge! See if your cocoa compares to our incredibly rich new one.

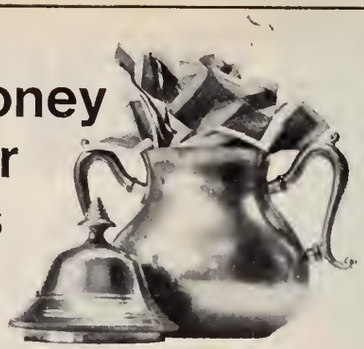


Easy as adding hot water

Rich, old-fashioned cocoa, without the old-fashioned mess. No milk to heat. No pans to soak. All the wholesome ingredients are already in Carnation's own cocoa formula. And, Carnation Hot Cocoa comes in individual packets so you can pick up only what you need. We've made it easy to discover incredibly rich cocoa. Why not take up the challenge?

New from Carnation

Win money for your recipes



FAST AND FANCY DATE DESSERTS

Next October, we'll feature two kinds of date desserts, fa recipe ideas and fancy ones. Send us your favorite date specia ty today. Two Cooks-of-the-Month receive $50 each. Fo Runners-up receive $25 each, and 12 Honor Roll winners g $10 each. Selected winning recipes will be pictured on the Pri Tested Recipes pages next October. All 18 winners receive framed Better Homes and Gardens Certificate of Endorseme and six copies of the endorsed recipe.

Hints to help you

Fast Date Desserts might feature dates in a quick filling for a convenience dessert mix or as a special addition to a cake mix for a torte. Do you have a streamlined pudding parfait or custard? Ideas:

apple date crunch
date-sauced squares
coconut date pudding
date lemon velvet
date nut crumble

Fancy Date Desserts. Do yo use dates in a company-on dessert? Is your elegant fru flambé or cheesecake sparke with dates? Don't forget da sauces for cake or ice crear Suggestions:

cranberry date fluff
spectacular date soufflé
date-filled eclairs
maple date roll
candied date crisp

THIS MONTH'S WINNERS

(See recipes on pages 81 and 82.)

Cooks-of-the-Month

Mrs. Norma Coppenbarger, Sacramento, Calif.
Mrs. J. D. Matzinger, Ingleside, Tex.

Runners-up

Mrs. William J. Clarke, Santa Ana, Calif.
Mrs. David W. Johnson, White Plains, N. Y.
Mrs. James L. Stube, Des Plaines, Ill.
Mrs. Marlyn Wiese, Ortonville, Minn.

Honor Roll

Mrs. Robert M. L. Baker, Jr., Marina Del Rey, Calif.
Mrs. Parke La Gourgue Cory, Neosho, Mo.
Mrs. Duane Faulkner, Iowa City, Iowa
Mrs. Richard J. Jernigan, Tucson, Ariz.
Mrs. David A. Lehmann, Memphis, Tenn.
Mrs. Virginia E. Moore, Louisville, Ky.
Mrs. W. Alvin Motsinger, Kernersville, N. C.
Miss Gladys E. Rider, Zanesville, Ohio
Mrs. Karyl Robbins, Orange, Calif.
Joyce F. Sisskind, Evanston, Ill.
Mrs. Arnold W. Van Hook, Danville, Va.
Mrs. Joseph J. Welzel, Saginaw, Mich.

Contest Rules

1. Write or type your recipe clearly on one side of the paper and mark it "October Fast Date Desserts" or "October Fancy Date Desserts." If you wish, send a recipe for each of the two categories.
2. Print your full name and address in upper right corner of paper.
3. Give measurements in *level* cups, tablespoons, teaspoons.
4. Specify brand names of the *nationally* known food products you use as ingredients so we can test your recipe with the same brands.
5. Include 50 to 100 words about the origin of the recipe you submit.
6. Recipes submitted become property of Better Homes and Gardens.
7. Entries must be postmarked by midnight, March 31. In cases where duplicate recipes are submitted, the one with the earliest postmark will be judged. All judges' decisions will be final.
8. We reserve the right to adjust and edit winning recipes.
9. Address the recipes you enter to 7103 Test Kitchen, Better Homes and Gardens, Des Moines, Iowa 50303.

Betty Crocker® Cake has moistness plus rich body.

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ıe nice, healthy
ıday slice. A present
veryone.

The church bazaar slice.
A heavenly piece of cake.





The husband's-boss-
r-dinner slice. Every
tle bit helps.

The thin slice.

Betty Crocker Cakes are so moist and rich bodied they hold together. Even sliced this thin.



For the woman
who knows her way around a cake.

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Two-Upsmanship

Two sensational salads from two great salad make
subtly spiced Kraft Dressings and tender, exotic-ta
ing California Avocados.

For Island Appetizers, choose ripe avocados, on
that yield gently to pressure (green or black-skinne
the fruit is the same). Then wrap avocado slices w
thinly sliced boiled ham strips, arrange on lettu
garnish with ripe olives, and serve with Kr
Thousand Island Dressing. It's thick and crea
with lots of tart pickle relish.

Salad Tropicale wins praises too. Moisten pi
apple chunks and orange sections with smoo
Kraft French Dressing, America's favorite Fren
Toss lightly, chill. La
spoon the fruit in
nutritious avoca
halves, top with Kr
Blue Cheese, crumbl
and strawberry halv
Serve with more
Kraft French.

KRAF

Division of **Kraftco Corpora**



Photographs: Dieter

FILE UNDER DESSERTS

FAST LEMON DESSERTS

Tutti-Frutti Lemon

No cooking required in this lemon-sauced fruit combo that captures top honors in the fast category of Lemon Desserts—

- 1 8¾-ounce can pineapple tidbits
- 1 11-ounce can mandarin orange sections
- 1 17-ounce can fruit cocktail
- ½ cup flaked coconut
- 2 tablespoons lemon juice
- 1 3¾- or 3⅝-ounce package instant lemon pudding mix
- 2 bananas
- Frozen whipped dessert topping, thawed (optional)

In large bowl, combine *undrained* pineapple tidbits, *undrained* mandarin orange sections, and *undrained* fruit cocktail with the flaked coconut and lemon juice. Sprinkle the instant lemon pudding mix over fruits and toss lightly to combine; chill. Just before serving, peel and slice bananas to make 1½ cups. Fold bananas into lemon-fruit mixture. Serve in dessert dishes or sherbets; top with the thawed whipped dessert topping, if desired. Makes 10 servings.

Mrs. J. D. Matzinger, Ingleside, Tex.

Cut along dotted line



Buying information, page 92

FILE UNDER DESSERTS

FANCY LEMON DESSERTS

Lemon Layer Wedges

Piecrust rounds are the "layers" in this fancy winner—

Prepare pastry for 2-crust 9-inch pie; roll *half* the dough to ⅛-inch thickness. Fit into 9-inch pie plate. Flute edges; prick bottom and sides with fork. Bake in 450° oven for 10 to 12 minutes. Divide remaining pastry in half. Roll each half to ⅛-inch thickness; trim one to an 8-inch circle, the other to an 8¾-inch circle. Place on baking sheet; prick. Bake in 450° oven for 8 to 10 minutes; cool. Combine 1 cup sugar and 1 envelope (1 tablespoon) unflavored gelatin; add 1¼ cups water, 3 slightly beaten eggs, 1 teaspoon grated lemon peel, ⅓ cup lemon juice and 2 tablespoons butter or margarine. Cook, stirring constantly, over low heat till mixture thickens, about 10 minutes. Chill till mixture mounds. Whip ½ cup whipping cream; fold into lemon mixture. Place 1 cup of the filling into baked pastry shell; cover with the 8-inch pastry round. Repeat with 1 cup lemon filling and the 8¾-inch round. Top with remaining filling. Chill till set, 3 to 4 hours. Garnish with additional whipped cream, if desired.

Mrs. Norma Coppenbarger, Sacramento, Calif.

Better Homes and Gardens NEW COOK BOOK

PRIZE TESTED RECIPES
ADD TO YOUR COOK BOOK



Lemonade Roll

Sift together ¾ cup sifted all-purpose flour, 1 teaspoon baking powder and ½ teaspoon salt. Beat 4 egg yolks till thick. Gradually beat in ½ cup sugar; add ½ cup frozen lemonade concentrate, thawed, alternately with the flour mixture. Beat 4 egg whites to soft peaks; gradually add ¼ cup sugar, beating to stiff peaks. Fold in lemon mixture. Spread batter evenly in greased and floured 15½x10½x1-inch jelly roll pan. Bake in 375° oven for 12 to 15 minutes. Immediately loosen sides and turn onto towel sprinkled with confectioners' sugar. Starting at narrow end, roll cake and towel together; cool on rack. Unroll and fill with Lemon Whip: Prepare one 3½-ounce package vanilla whipped dessert mix according to package directions *except* use ¼ cup frozen lemonade concentrate, thawed, instead of the water; spread over cake and reroll. Chill at least 1 hour or freeze.

Mrs. James L. Stube
Des Plaines, Ill.



Lemon Creme Parfaits

1 3- or 3¼-ounce package regular lemon pudding mix
½ cup sugar
1½ cups water
1 cup pineapple juice
2 slightly beaten egg yolks
1 cup whipping cream
1 pint fresh or frozen strawberries
6 ladyfingers, halved lengthwise and crosswise

Combine pudding mix and sugar. Gradually blend in water, pineapple juice and egg yolks. Cook and stir over medium heat till thickened. Cool thoroughly; stir occasionally. Whip cream just to soft peaks; fold into pudding mixture. Chill. Divide half the pudding mixture among 6 parfait glasses. Reserve 6 strawberries; spoon remainder into parfaits. Top with remaining pudding. Place ladyfinger pieces around edge. Top with reserved strawberries. Makes 6 servings.

Mrs. David W. Johnson
White Plains, N.Y.



Slice-o-Lemon Pudding

2 lemons
½ cup sugar
½ cup butter or margarine
1 cup sugar
2 eggs
1½ cups sifted all-purpose flour
1½ teaspoons baking powder
¼ teaspoon salt
½ cup milk
1 cup *boiling* water

Peel lemons if desired; slice lemons thinly. Arrange slices in bottom of 9x9x2-inch baking pan. Sprinkle with the ½ cup sugar; set aside. Cream together butter or margarine and the 1 cup sugar. Beat in eggs. Sift together dry ingredients; add to creamed mixture alternately with milk. Pour boiling water over lemon slices. Drop batter by spoonfuls atop. Bake in 350° oven for 40 minutes or till done. Cool slightly. Makes 8 or 9 servings.

Mrs. Marlyn Wiese
Ortonville, Minn.



Lemon Fluff Squares

1½ cups finely crushed vanilla wafers (about 33 wafers)
⅓ cup chopped pecans
6 tablespoons butter or margarine, melted
2 3-ounce packages or 1 6-ounce package lemon-flavored gelatin
1¼ cups boiling water
½ cup whipping cream
1 3¾- or 3⅝-ounce package instant lemon pudding mix
1 pint lemon sherbet, softened

Combine vanilla wafer crumbs, pecans and butter or margarine. Reserve ¼ cup crumb mixture; press remainder into 10x6x1½-inch baking dish. Chill. Dissolve gelatin in boiling water; cool to lukewarm. Whip cream till soft peaks form; set aside. Add dry pudding mix to gelatin; mix well. Add sherbet; beat at low speed till thickened and nearly set. Fold in whipped cream. Turn into baking dish; sprinkle reserved crumb mixture atop. Chill at least 1 hour; cut into squares. Makes 6 servings.

Mrs. William J. Clarke
Santa Ana, Calif.



If you can see what's wrong with this green bean, your standards are up to ours.

(Light green color indicates bean is fibrous variety. Tough, chewy outside; soft, watery inside. Not acceptable for Del Monte.)



The more you know about green beans, the better for Del Monte.®

Now Bisquick gets baking down to its three simplest steps.



The same 3 steps let you make 113 home-baked goods.

1. Simply mix the ingredients. 2. Spoon out the dough. 3. Bake. No kneading or rolling necessary. If you can make one thing, you can make all 113 of these home-baked goods. Because they're all made in the same three simple steps. Today's Bisquick. It's simply marvelous.





France

On the tables of France, you're sure to find the brioche, tl buttery bread with the knob on top. We've given it a ne look by hollowing it out and filling it with liver pâté. Slic it ever so thinly and serve as a first course.



Photographs: Diet

Pâté en Brioche

1 package active dry yeast
⅓ cup warm water
4 tablespoons butter or margarine
3 tablespoons sugar
¼ teaspoon salt
1 egg
1 egg yolk
1½ cups sifted all-purpose flour
1 slightly beaten egg white
1 recipe Chicken Liver Pâté

Soften yeast in warm water. In small mixer bowl, thoroughly cream butter or margarine, sugar and salt. Blend in yeast egg, egg yolk and ½ cup of the flour. Beat 2 minutes a medium speed of electric mixer. Add remaining flour; bea 2 minutes more. Turn into greased bowl. Cover and let ris in warm place till nearly double, 35 to 40 minutes. Stir down turn into well-greased 3- to 4-cup fluted mold. Cover an let rise till nearly double, about 20 minutes. Brush surface with beaten egg white. Bake in 375° oven for 20 minutes o till done. Remove from mold and cool. With biscuit cutter mark a 1½-inch circle in center top of brioche. With sharp knife, cut out a 1½-inch bread round, making a hollow tube through bread. Place brioche on clear plastic wrap or foil. Fill hole with Chicken Liver Pâté, pressing to make firm filling. Wrap loosely; chill. To serve, slice crosswise.



Chicken Liver Pâté

Thaw 8 ounces frozen chicken livers. Cook, covered, in 1 tablespoon butter or margarine, stirring till no longer pink. Put through fine blade of food grinder; cool slightly. Blend in 2 tablespoons mayonnaise or salad dressing, 2 tablespoons softened butter, 1 tablespoon lemon juice, 2 teaspoons finely chopped onion, 4 or 5 drops bottled hot pepper sauce, ¼ teaspoon salt, ¼ teaspoon dry mustard and a dash pepper.

Peel open our new banana flavor pudding

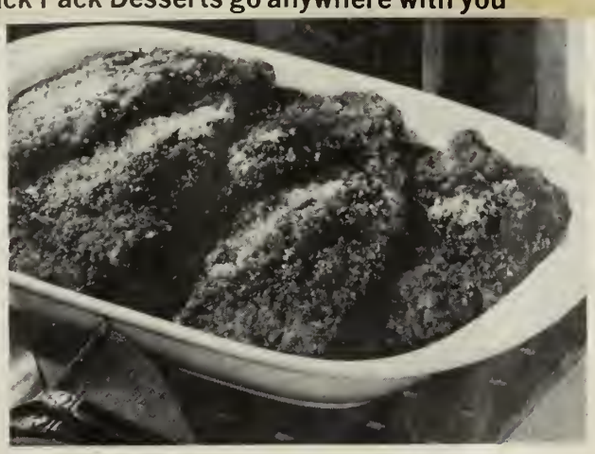
or any of Hunt Snack Pack's™ 8 other delicious fruit and pudding flavors



A new creamy banana pudding has now joined
the Hunt's Snack Pack bunch.
Kids say the puddings give you horsepower! 'Cause they're raring to go
with food energy . . . food energy active people need. Pack 'em in lunch boxes.
Pack 'em on trips. Pack 'em along anywhere:

Hunt's Snack Pack Desserts go anywhere with you

er parmesan cheese
5 beef cube steaks
(about 4 ounces each)
ushed ¼ cup cooking oil
ers 1 8-ounce can (1 cup)
ers) pizza sauce
gg, water, and pepper. Combine
lf the cheese. Dip steaks in egg
in crumbs. In skillet, brown
il. Drain on paper toweling. Ar-
1 10x6x1½-inch baking dish; cov-
auce and sprinkle with remaining
n 325° oven for 20 minutes. Makes



Budget-Stretching Food Ideas

You are not alone if you currently are feeling the pressure of stretching the food budget at the same time of year when meal-monotony sets in.

Something can be done. Begin now by planning.

Planning is the key to making your food dollars go further. By using creativity, resoureefulness and determination as you plan, you can achieve your economy goal and pep up mealtime as well.

IMAGINATIVE PLANNING

Put your resoureefulness and creativity to use as you begin planning. Find some new recipes. Use your magazines and cookbooks. Think up some pleasing combinations of main dishes, vegetables, salads, etc., that you haven't been using. Your goal is to make out a weekly menu plan.

Evaluate your ideas. Will your family enjoy the dishes you are considering? Nothing is a bargain if your family won't eat it.

Seriously consider quantity-buying. Do you have storage and freezing facilities to handle larger buys? Can you use the entire quantity without letting any go to waste? In your weekly menu, plan for the leftovers. You may even want to create planned leftovers. For instance, there are plenty of good uses for the chicken left when you roast two instead of one—having purchased them double-packed at a special price.

CALCULATE COSTS

Take a good look at convenience foo vs. those made from scratch. Convenien foods don't always cost more in the lo run. Ask yourself about the value of yo time spent in food preparation. Does yo family have a strong preference for one the other? Sit down and calculate the re cost of each end product. Include the co of any additional ingredients the conv nience product may require and all the i gredients in your made from scratch di

If you settle for a cheaper cut of me don't expect it to taste like the more e pensive ones, and don't cook it like an e pensive cut, either. To get the most out the meat you buy, become familiar wi the beef, pork, lamb and veal carcass. Th will give you a clue as to which cuts a likely to be more tender, as well as whi cooking methods to use for best results.

Your shopping list can be built arou your weekly menu. Check to be sure yo have all the ingredients listed for the re pes you choose. Making a notation of staple item as it runs short will speed

Copenhagen and bac



Of course, you could stay at home again tonight. Or you could take off for a glo Danish dinner. And the whole trip will take only about 45 minutes.

First stop is Lipton® Onion Soup Mix.

Lipton knows how to mix just the right amount of fresh-tasting onion with just the right blend of seasonings. It's the fastest route to Danish Meatballs, Cucumber-Cream Salad, and Potato-Apple Bake.

And you won't have to go through customs.



CUCUMBER-CREAM SALAD
¼ cup lemon juice
2 medium cucumbers, thinly sliced and drained
½ cup Lipton California Dip*
1 teaspoon sugar

In large bowl, blend Lipton California Dip, lemon juice, and sugar. Add cucumbers and toss well; chill. If desired, garnish with fresh dill. Makes about 6 servings. Preparation time: 5 minutes.

*Lipton California Dip: Blend 1 envelope Lipton Onion Soup Mix with 1 pint dairy sour cream.

our list-making. Arrange your list to follow your regular route through your supermarket.

FIGHT IMPULSES

The shopping list is probably the best way to control impulse buying. (You will need some of that determination as mentioned earlier.) A complete list helps eliminate repeat visits to the supermarket that could result in impulse buying. Arranging the list to eliminate back-tracking within the store also helps fight the impulse to purchase an item from a tempting display you resisted the first time.

Your list should be flexible enough, however, to allow substitution of products when you discover a good buy within the store.

As the Lenten season approaches you may find seafood, cheese and egg specials. Hams may soon be on sale, too. With that creativity of yours you can find some interesting ways to serve these nutritional products.

Add some flavor tricks to wake up a family bored with food. Spark your dishes with color. Invent your own serving tricks. Serve creamed eggs or seafood in toast baskets or on toast triangles instead of the regular slice. Pineapple and citrus slices make cheerful serving trims.

Rush spring. Serve spring salad bowls. Try the spring look of chiffon cake. Easter breads can look fancy and can be created easily from refrigerated products. You don't need a special occasion for these simple tricks. Apply them to everyday meals to relieve the monotony and create an illusion of grandeur while you really are economizing.

ECONOMICAL ENTERTAINING

Don't be afraid to entertain. Having guests does not have to ruin the budget for a month. A spring breakfast or brunch will let you take advantage of many of those Lenten season specials.

"Supper" is now a great way to entertain. When you invite guests to "supper" you are not tied to the format or pattern of a dinner party. You can put a little more of "you" in the meal. You can also serve a much more economical menu. The informality of a "supper" invitation will have your friends expecting something like spaghetti, a casserole, chili or chowder.

Apply yourself now to this challenge. Plan next week's menu with creativity, resourcefulness and determination. You can begin with some of the interesting budget-stretching ideas presented below and on the following pages of Family Food Ideas.

FAMILY FOOD IDEAS

ADVERTISERS

Lipton Soups
Grocery Store Products—Cream of Rice and B in B Mushrooms
Hormel
State of Florida, Department of Citrus—Grapefruit
Chef Boy-ar-dee Ravioli and Chef Boy-ar-dee Packaged Dinners
General Foods Dream Whip
Wonder Bread
Fleischmann Margarines
Snow Food Products
Pillsbury's Create-A-Cake Mix
Lea and Perrins Worcestershire Sauce
Aunt Jemima Toaster Waffles
Hunt's Tomato Sauce
The Hunt-Wesson Foods Computer Menu Plan

n 45 minutes flat.



POTATO-APPLE BAKE
⅓ cup Lipton Onion Butter*
3 cups hot mashed potatoes
½ cup applesauce

Preheat oven to 400.° In large bowl, beat Lipton Onion Butter into potatoes; stir in applesauce. Place in 1-quart baking dish; bake 30 minutes or until lightly browned. Makes about 6 servings. Preparation time: 10 minutes.

*Lipton Onion Butter: Thoroughly blend 1 envelope Lipton Onion Soup Mix with ½ pound butter or margarine. Makes 1¼ cups. Refrigerate unused portion. Use on cooked vegetables.

DANISH MEATBALLS
1 envelope Lipton Onion Soup Mix
2 pounds ground beef
¼ cup milk
1 egg, beaten
½ cup butter or margarine

In large bowl, combine Lipton Onion Soup Mix with meat, milk, and egg. Shape into 1½-inch balls. In large skillet, melt butter and brown meatballs, turning frequently. Makes about 6 servings. Preparation time: 30 minutes.

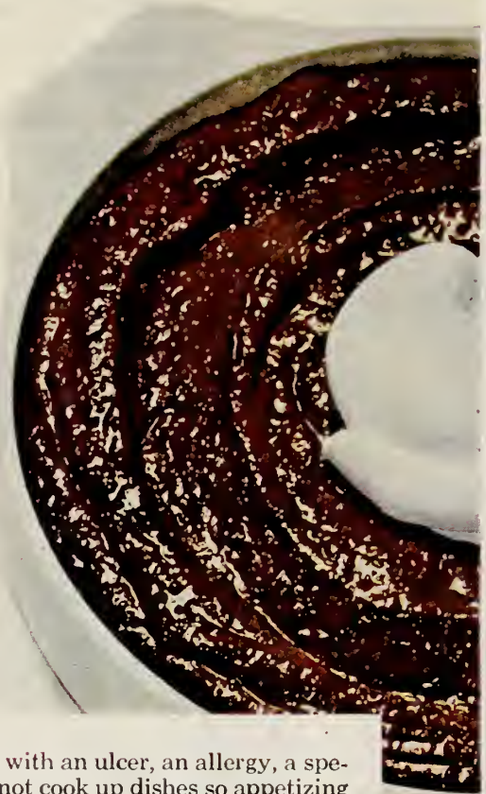
SPECIAL DIET DISHES YOUR WHOLE FAMILY WILL DIG INTO



CHICKEN 'N' RICE SCRAPPLE
(for low-salt diets)

3 cups unsalted chicken or turkey broth
¼ cup minced celery
1 tablespoon minced onion
1 tablespoon chopped parsley
1 cup Cream of Rice
1 cup finely chopped, unsalted cooked chicken or turkey

Combine broth, celery, onion and parsley; bring to a boil. Sprinkle in Cream of Rice and cook, stirring constantly, for 30 seconds. Remove from heat, cover, let stand 5 minutes. Stir in chicken. Pour into a lightly oiled loaf pan, about 8x4x2 inches. Chill at least 8 hours. Unmold, cut into 12 slices. Dust with flour, brown in skillet with a little vegetable oil. Serve with cheese sauce. 4 to 6 servings.



MOCHA PUDDING
(for egg-free diets)

2 cups milk
½ teaspoon salt
¼ cup Cream of Rice
1 teaspoon instant coffee
½ teaspoon vanilla
2 squares (1 oz. size) unsweetened chocolate, melted
1 cup dark brown sugar

Combine milk and salt; scald. Slowly add Cream of Rice and cook, stirring constantly, for 1 minute. Remove from heat, cover, let stand 4 minutes. Stir in rest of ingredients. Pour into individual dishes or 1-quart serving dish. Chill. 6 to 8 servings.

If you're cooking for someone with an ulcer, an allergy, a special digestive problem... why not cook up dishes so appetizing the rest of the family will enjoy the same meals?

Cream of Rice has a whole bookletful of imaginative recipes, keyed to specific diets. And Cream of Rice itself is easier to digest than any other type of cereal... gives faster energy... rich vitamin-mineral nutrition. It's the cereal *everyone* can enjoy.



Free 32-page Recipe Book, "Cooking With Imagination for Special Diets," send name and address to Cream of RICE, Dept. BH371, P.O. Box 88, Lancaster, Penna. 17604.

CREAM OF RICE

FAMILY FOOD IDEAS

Easy homemade candies

Why relegate candymaking to the holiday season only? Wi this pair of simple-to-make recipes (one you cook and one y don't) you can turn out great snacks or lunch box treats f the kids all year round.



Coffee Caramels
Cover each piece with clear plastic wrap for longer storage—
1½ cups light cream
1 cup granulated sugar
½ cup brown sugar
½ cup light corn syrup
4 tablespoons butter or margarine
2 tablespoons instant coffee powder
1 teaspoon vanilla
Line a 9x5x3-inch pan with foil; butter bottom and sid lightly. In 2-quart saucepan, combine cream, sugars, co syrup, butter or margarine, and coffee powder. Cook, st ring constantly, over low heat till sugars dissolve. Cook ov medium heat, stirring occasionally, to firm ball stage (248 Remove from heat; stir in vanilla. Turn into prepared pa cool. Makes 36 one-inch pieces.

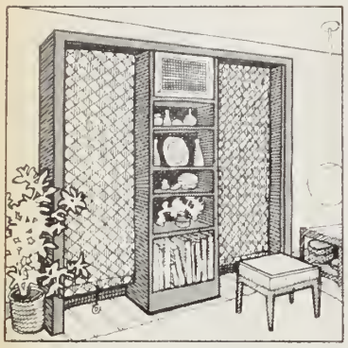


Photographs: S

Peanut Butter Logs
A homemade candy you don't have to cook—
1 cup chunk-style peanut butter
2 tablespoons butter or margarine
1¼ cups sifted confectioners' sugar
3 cups crisp rice cereal
Chopped peanuts
In mixing bowl, blend together peanut butter and butter margarine; stir in confectioners' sugar. Add cereal, mixi well, crushing slightly. Shape into three logs, 7x1¼-inch Pat peanuts over logs. Wrap in foil or clear plastic wra chill. Slice ½ inch thick. Makes 1 pound.


Roast beefier hash, from Mary Kitchen.
Mary Kitchen makes hash from fresh roast beef. With all the juices. The way you'd make it if you had all the time in the world. (She makes corned beef hash, too.)
Mary Kitchen
Roast Beef Hash
FRESH ROASTED BEEF
Hormel
FINE FOOD PRODUCTS
FAMILY FOOD IDEAS

Decorating tricks with windows



Two small, nondescript windows can make a smashing impression when you treat them as one decorative unit.

Unify windows and wall space between with a ¾-inch plywood frame, 10 to 12-inches in depth. Build open shelves down the middle and fasten unit to the wall with cleats. Then choose a gaily patterned fabric and glue to roller-type window shades. Paint wooden frame a dominant color picked from the pattern of the fabric. Shelves hold books, collectibles, and tiny TV or stereo speaker.

Buying guide

Most of the products shown editorially in Better Homes and Gardens can be obtained in leading local stores. For more information, write the manufacturers listed. Some items are privately owned or custom made—thus are omitted from the product listing.

Waffles . . . plus!

Page 16 (top): Glass plate—Imperial Glass Corporation, Bellaire, Ohio 43906. **Page 16** (bottom): Plate—"Pistachio" by Mikasa, 212 Fifth Ave., NYC 10010. Fork and knife—"El Cortez" by International Silver Company, 500 South Broad St., Meriden, Conn 06450.

Relaxing solutions for landscaping problems

Page 46 (top): Chairs in foreground—Tamiami from Brown-Jordan, 9860 Gidley, El Monte, California 91743. **Page 46** (bottom): Directors' chairs—Telescope Folding Furniture Co., Granville, N.Y. 12832. Trays—Gustavsbergs, Division of Arabia of Finland, 225 Fifth Avenue, NYC 10010. Fondue pot—Copco, Inc., 230 Fifth Avenue, NYC 10001.

Page 47 (bottom): Outdoor furniture—Brown-Jordan, 9860 Gidley, El Monte, California 91743.

Page 51: Wrought iron patio furniture—John B. Salterini Co., Covington, Va. 24426. Green planters containing red geraniums—imported by H. Chambers Co., 1010 N. Charles Street, Baltimore, Maryland 21201.

Page 52 (middle): Terrace furniture—Ames-Aire, P. O. Box 1580, Parkersburg, W. Va. 26101.

Town houses

Page 56 (top): Grooved paneling (T-111) and plain panels painted orange duraply—U. S. Plywood, 777 Third Ave., NYC 10017. Brick—Baltimore Brick Co., 320 E. Madison, Baltimore, Md. 21205. Asphalt shingles on roof—Barrett Roofing Co., 1500 N. Dale Mabry, Tampa, Florida 33607.

Page 56 (bottom): Captain's chairs—Telescope Folding Furniture, Granville, N. Y. 12832. Ottoman for chair on balcony—Gold Metal Folding Furniture Co., 1700 Packard Ave., Racine, Wis. 53404. Round table on patio—Beylerian Ltd., 503 E. 72nd St., NYC 10021.

Page 57 (middle left): Bedspread—Fieldcrest, 60 W. 40th St., NYC 10018. Fur rug—International Fur Co., 1140 Broadway, NYC 10001.

Page 57 (bottom): Upholstered chairs—Sedgefield Industry, High Point, N.C. 27261. Black and white sofa and fabric—Flair, Inc., Division of Bernhardt Industries, Inc., Lenoir, N.C. 28645. Bench—Thayer Coggin, South Road, High Point, N.C. 27262. Fake fur on bench—Scalamandre, 977 Third Ave., NYC 10022.

Build a buffet for plug-in parties—formally

Page 60 (bottom right): Electric knife—Hamilton Beach, Scovill Mfg., Co. 99 Mill St., Waterbury, Conn. 06720.

Page 61 (top): Coffeepot—Hamilton Beach, Scovill Manufacturing Co., 99 Mill St., Waterbury, Conn. 06720. Bun and roll steamer—Remington Electric, 60 Main St., Bridgeport, Conn. 06602. Chafing dish—John Oster Mfg. Co., 5055 North Lydell Ave., Milwaukee, Wis. 53217. Electric serving dish—Remington Electric, 60 Main St., Bridgeport, Conn. 06602. China—Doulton & Co., Inc., 400 Paterson Plank Road, Carlstadt, N.J. 07072. Silver—International Silver Co.,

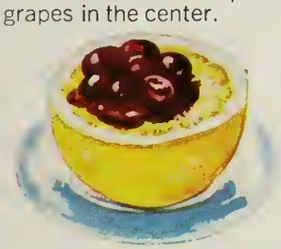
And you thought Florida grapefruit was only for breakfast.

Fresh grapefruit from Florida not only brightens your breakfast. It can enliven your luncheons and add dash to your dinners. And it's low in calories, high in vitamin C. For more recipes and diet plans, send name and address to Grapefruit, BH, P.O. Box 6066C, Orlando, Fla. 32803, with 25¢ in coin for postage and handling. They'll help you shape up... deliciously.



Flower Topping

Prepare grapefruit half by cutting around each section and removing core. Insert narrow wedges of red apple between sections and place grapes in the center.



Grapefruit Jubilee

Prepare grapefruit halves by cutting around each section and removing core. Fill centers with canned cherry pie filling. Chill.



Fruit Cup on the Half Shell

Cut grapefruit in half and carefully cut out grapefruit sections. Remove all white membrane from shell. Line shells with salad greens and fill with mixed grapefruit and orange sections, diced apple and halved grapes.



Fluted Half with Sherbet

Trace a line around center of grapefruit. Insert small pointed knife in center of grapefruit, at an angle to make one side of a point. Remove knife; insert to make opposite side of point. Continue around grapefruit; pull halves apart. Cut around each section and remove core. Place small scoop of sherbet in center.



Grapefruit Half with Sausage

Prepare grapefruit half by cutting around each section and removing core. Sprinkle with brown sugar and nutmeg. Cut brown-and-serve sausage link in half crosswise, then lengthwise. Place spoke fashion on grapefruit. Broil 5 to 10 minutes.



Grapefruit Alaska

Prepare 6 grapefruit halves by cutting around each section and removing core. Sprinkle lightly with sugar. Chill. Prepare meringue by adding ⅛ teaspoon salt to 3 egg whites and beating until foamy; gradually add 6 tablespoons sugar and beat until very stiff. Place a scoop of ice cream in center of each grapefruit half. Cover ice cream and top of grapefruit completely with meringue. Place in 475°F. oven about 1 minute, until lightly browned.



Seacoast Shrimp Salad

Cut grapefruit in half and carefully cut out grapefruit sections. Remove all white membrane from shell. Add the sections to cooked shrimp and spoon into shells lined with salad greens. Serve with French dressing.

SHAPE UP WITH GRAPEFRUIT FROM FLORIDA

500 South Broad St., Meriden, Conn. 06450. Candle holders—Etco Industries, Inc., 225 Fifth Ave., NYC 10010. Sofa—Metropolitan Furniture Corp., 950 Linden Ave., So. San Francisco, Calif. 94080. Serving pieces—Gense Imports Ltd., 252 Livingston St., Northvale, N.J. 07647. Tree—Tree Time, Inc., 771 South 16th St., Newark, N.J. 07108. Goblets—Imperial Glass Corp., Belmont St., Bellaire, Ohio 43906.

Page 61 (bottom): Casserole—Remington Electric, 60 Main St., Bridgeport, Conn. 06602. Coffeepot—Salton, Inc., 519 E. 72nd St., NYC 10021. Wine rack—Etco Industries, Inc., 225 Fifth Ave., NYC 10010. Blender—Waring Products Div., Dynamics Corp. of America, Route #44, New Hartford, Conn. 06057. Country kettle—West Bend Co., P. O. Box 278, West Bend, Wis.

Build a buffet for plug-in parties—informally

Page 62 (bottom left): Ice crusher/can opener—Dazey Products Co., 4500 E. 75th Terrace, Kansas City, Mo. 64132.

Page 62 (bottom middle): Toaster—Westinghouse Electric Corp., 246 E. 4th St., Mansfield, Ohio 44902.

Page 63 (top): Blender—General Electric Co., 1285 Boston Ave., Bridgeport, Conn. 06602. Popcorn popper—West Bend Co., P.O. Box 278, West Bend, Wis. 53095. Chair—Knoll Associates Inc., 320 Park Ave., NYC 10022. Paneling—U. S. Plywood, 777 Third Ave., NYC 10017. Carpet—Ozite Corp., 7-120 Merchandise Mart, Chicago, Ill. 60654.

Page 63 (bottom): French bread warmer—Salton Inc., 519 E. 72nd St., NYC 10021. Fondue pot—John Oster Mfg., 5055 N. Lydell Ave., Milwaukee, Wis. Drink mixer—Van Wyck International Corp., 10 E. 40th St., NYC 10016. Toast-R-Oven—General Electric Co., 1285 Boston Ave., Bridgeport, Conn. 06602.

Sew up some beautiful savings

Page 64: Chairs—Sears, Roebuck and Co., 925 S. Homan Ave., Chicago, Illinois. Table—Cosco Household Products, Inc., Dining Furniture Div., Columbus, Ind. 47201. Wood tile floor covering—E. L. Bruce Co., Memphis, Tenn.

Page 65 (left): Chair and table—Baumritter Corporation, 205 Lexington, NYC 10016. Place mat—Robert Williams Importing Co., 659 West Lake St., Chicago, Ill. 60606. Flatware—"Spanish Crown" sterling by Oneida, Ltd., Oneida Silversmiths, Oneida, N.Y. 13421. Plate—Metlox Potteries—Vernonware Div., 1200 Morningside Dr., Manhattan Beach, Cal. 90268.

Page 66 (top): Davenport—Craft Associates, Inc., 1212 Scott, Wilkesbarre, Pa. 18705. Chair—Thayer Coggin, Inc., South Rd., High Point, S. C. 27262. Cocktail tables—Walters Wicker, 991 Second Ave., NYC 10022. Burner for fondue pot—William F. Fraser, 236 5th Ave., NYC 10010. Fondue pot—Etco Industries, Inc., 225 Fifth, NYC 10001. Fondue forks—Ross Havers, Inc., 56 W. 22nd St., NYC 10010. Hassocks and lamp—Sears, Roebuck and Co., 925 S. Homan Avenue, Chicago, Illinois.

Page 66 (bottom): Wallpaper and fabric—Piedmont Papers by Provincetown Printers, 227 E. 56th St., NYC 10022.

Page 67 (top): All furniture—Baumritter Corporation, 205 Lexington, NYC 10016. Carved box—Caramoor Products Inc., 225 Fifth Avenue, NYC 10010. Sconce wall lamps—Thomas Industries, Inc., Louisville, Kentucky 42240.

Page 67 (bottom left): Lamp—Tyndale by Wilmar Co., 230 5th Avenue, NYC 10001. Trunk—Soovia Janis, Inc., 225 Fifth, NYC 10010. Crystal ashtray—Pasco, 11 East 26th Street, NYC 10010.

Fish your family can't resist

Page 72: White tureen and small bowls—Jurgensen's, 133 North Larchmont Blvd., Los Angeles, Calif. 90004. White ladle—Jay Willfred Company, Inc., 133 West 20th St., NYC 10011.

Page 73 (top): Stainless fork—"Da Lido" by International Silver Company, 500 South Broad Street, Meriden, Conn. 06150.

Page 73 (bottom): Stainless fork—"Hacienda" by Gorham Silver Company, 333 Adelaide Avenue, Providence, R. I. 02907.

Pages 74-75: Rectangular brown platter—Denby Stoneware Ltd., Millard Norman Company, 4688 Paddock Road, Cincinnati, Ohio 45229.

Prize tested recipes

Page 81 (right): Dessert plates, cup and saucer—Franciscan, Interpace Corporation, 2901 Los Feliz Boulevard, Los Angeles, California 90039. Pie plate—Pyrex, Corning Glass Works, Corning, New York 14830.

Page 81 (left): Yellow glass sherbets—Seneca Glass Company, P. O. Box 855, Morgantown, W. Va. 26505.

Page 82 (top left): Plates, Franciscan, Interpace Corporation, 2901 Los Feliz Boulevard, Los Angeles, Calif. 90039.

Page 82 (bottom left): Sterling parfait spoon—"Silver Lace" by International Silver Co., 500 So. Broad St., Meriden, Conn. 06450.

Page 82 (top right): Compote—"Pebble Beach" by Fostoria, Moundsville, W. Va. 26041. Stainless spoon—"Navajo" by Rogers Bros., International Silver Co., 500 South Broad St., Meriden, Conn. 06450.

Page 82 (bottom right): Fork—Gorham Silver Co., 333 Adelaide Ave., Providence, R. I. 02907. Cup and plate—Rockville, International, Inc., 225 Fifth Ave., NYC 10010.

France: Pate en Brioche

Page 84 (top): Dinner plate—Syracuse China Corporation, 2900 Court, Syracuse, N.Y. 13201. Red glass plate—Imperial Glass Corporation, Bellaire, Ohio 13906. Water goblet and wine goblet—Fostoria Glass Company, Moundsville, W. Va. 26041. Sterling flatware—"Hispana" by Gorham Silver Company, 333 Adelaide Ave., Providence, R. I. 02907.

Page 84 (bottom): Stainless teaspoon—"Today" by International Silver Co., 500 S. Broad St., Meriden, Conn. 06450.

Easy homemade candies

Page 90 (top): Coffeepot—Block China Company, 25 E. 26th St., NYC 10010. Demitasse cups and saucers—Dansk Designs, Inc., Radio Circle Road, Mt. Kisco N. Y. 10549.

Page 90 (bottom): Demitasse cups and saucers—Rockville International, Inc. 225 Fifth Avenue, NYC 10010.

The Ravioli Smile.





Some kids even laugh out loud. They think it's fun food, treat food, celebration food. But it's more. Chef Boy-ar-dee® Ravioli is a nutritious food too. And most kids don't stop at one serving.

What is a ravioli? It's a square of macaroni, a big helping of beef in the middle, another macaroni square on top. Then it's cooked in thick tomato and cheese sauce. There's Chicken or Cheese Ravioli, too. And only about 20¢ a serving.

The Ravioli Smile. You don't get it with soups or sandwiches.



Chef Boy-ar-dee® Ravioli

FAMILY FOOD IDEAS

Taxes

Continued from page 5

Under a so-called "nega plan, all adults who rep comes below a certa would receive checks ternal Revenue to bring to a "minimum sub point. This plan is good it would channel benefit to the needy, and w down the costs of loca administration.

Strongly agree
Agree
No feeling either way
Disagree
Strongly disagree

Of the many tax refor one of the freshest (a volatile) is the negat which has been strong cated on the basis that reduce much delay and involved in welfare ad tion. But even with t parent assets, it evident ates no great acceptanc taxpayers. Agreeing plan, 29 percent. Dis 65 percent.

•

Depletion allowances of cial tax benefit to the try (and several others d upon mineral or forest re In order to encourage tion, to keep Americ panies competitive in t market and to assure reserves in case of emergency, such al should be maintained a eral rates of past years.

Strongly agree
Agree
No feeling either way
Disagree
Strongly disagree

Long a favorite target reformers, the oil depl lowance has become suspect. Newspapers congressional hearings few congressmen make i a long-term crusade, a conservation and ecolog have put it on their list o reforms.

To test the depth o toward this tax issue, we the proposition in neutr citing the historical justi for the depletion allowa score? 65 percent still with the proposal that allowances be maintaine eral rates. ■

NAME _____

ADDRESS _____

CITY _____ STATE _____ ZIP _____

How to get the complete tax questionnaire re

If you'd like the 100-page research report compiled from ou questionnaire—including concise summaries of each question—fi and send this coupon to: Better Homes and Gardens, Box 374, 2Q0, Des Moines, Iowa 50302. Prices run as follows: one throu copies, $1 each; 11-25 copies, $.80 each; 26-50 copies, $.65 eac or more copies, $.55 each (F.O.B. Des Moines).

Dream Cake. The biggest difference is in the taste.

The Dream Cake recipe not only makes mix cakes taller, they also turn out moist, fluffy, light, and rich.



What is this remarkable recipe? It calls for your favorite cake mix. Then, all you add is an envelope of Dream Whip® and two extra eggs. (You'll find the recipe at the right.)

The result is a cake so good, it will be judged superior according to these demanding criteria used by cake experts:

Score its general appearance. A Dream Cake is taller. The top is slightly rounded. The height is even at the sides. The crust will be thin and tender, with a slight sheen on top.

Check the Dream Cake texture. It will be agreeably moist and uniform throughout. Feel light and fluffy to the touch. When cut, it doesn't crumble.

Finally, try a piece for taste, the ultimate test of a great cake. A Dream Cake will be rich and fresh and slightly sweet.

The Dream Cake recipe also improves your loaf, tube and Bundt cakes. And allows you to use regular cake mix to make them.

How much better is a Dream Cake? Make one next time you bake, and judge for yourself. You'll discover how big the difference can be.

GF GENERAL FOODS KITCHENS

Dream Whip is a registered trademark of the General Foods Corporation.

Dream Cake

- 1 package (2-layer size) yellow, white, or chocolate cake mix
- 1 envelope Dream Whip Topping Mix*
- 4 eggs
- 1 cup *cold* tap water

*Do not whip; use right from envelope.



Combine all ingredients in large bowl of electric mixer. Blend until moistened. *Beat at medium speed for 4 minutes.* Pour into two greased and floured 9" layer pans, and bake at 350° for 30 minutes. Cool for 10 minutes in the pans. Remove from pans; finish cooling on cake racks. See recipe inside package for other pan sizes and for high altitude directions.

FAMILY FOOD IDEAS

"Big enough to dance with my girl friend. That's how big I want to be."

He'll never need Wonder Bread more than right now.

The time to grow bigger and stronger is during the "Wonder Years"—ages 1 through 12—when a child reaches 90% of adult height. Help your child by serving Wonder Enriched Bread. Each slice supplies vitamins, minerals, carbohydrates and protein. Delicious Wonder Bread!

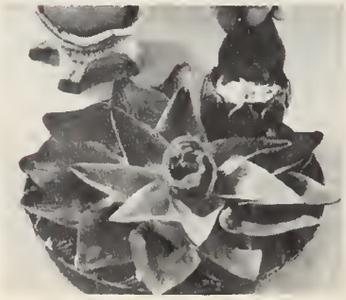
WONDER® ENRICHED BREAD helps build strong bodies 12 ways.

Helps build strong bodies 12 ways®



FAMILY FOOD IDEAS

Artichokes: How to eat a thistle and love it



Artichoke Appetizer

2 artichokes
1 envelope hollandaise sauce mix
3 slices bacon, crisp-cooked, drained and crumbled

Wash artichokes. Cut off about 1 inch from entire top. Cut stem close to base. Pull off any dry loose leaves around bottom. Snip sharp leaf tips off with kitchen shears. In large pan, bring salted water to boiling; add artichokes. Cover; simmer 20 to 30 minutes or till stalk can be easily pierced and a leaf pulls easily from base. Drain upside down. Remove leaves from artichoke and arrange on plates; center with a bacon curl.

Serve hot with *Hollandaise Dip:* prepare hollandaise sauce mix according to package directions; stir in crumbled bacon.



Shrimp Salad Cups

The artichoke is the salad bowl—

4 artichokes
1 4½-ounce can shrimp, drained and rinsed
½ cup chopped celery
1 5-ounce can water chestnuts, drained and chopped (½ cup)
2 tablespoons sliced green onion
1 tablespoon drained capers
½ cup mayonnaise or salad dressing
1½ teaspoons prepared horseradish

Wash artichokes; cut off about 1 inch from entire top. Cut stem close to base. Pull off any dry loose leaves around bottom. In large pan, bring salted water to boiling; add artichokes. Cover and simmer 25 to 30 minutes or till stalk can be easily pierced and a leaf pulls easily from base. Drain upside down. Snip sharp leaf tips off with kitchen shears. Remove the center leaves and chokes; chill artichokes. In mixing bowl, combine shrimp, celery, water chestnuts, green onion and capers. Combine mayonnaise and prepared horseradish; stir into shrimp mixture. Fill chilled artichokes with shrimp mixture. Serve on lettuce leaves, if desired. Makes 4 servings.

Photographs: Dieter



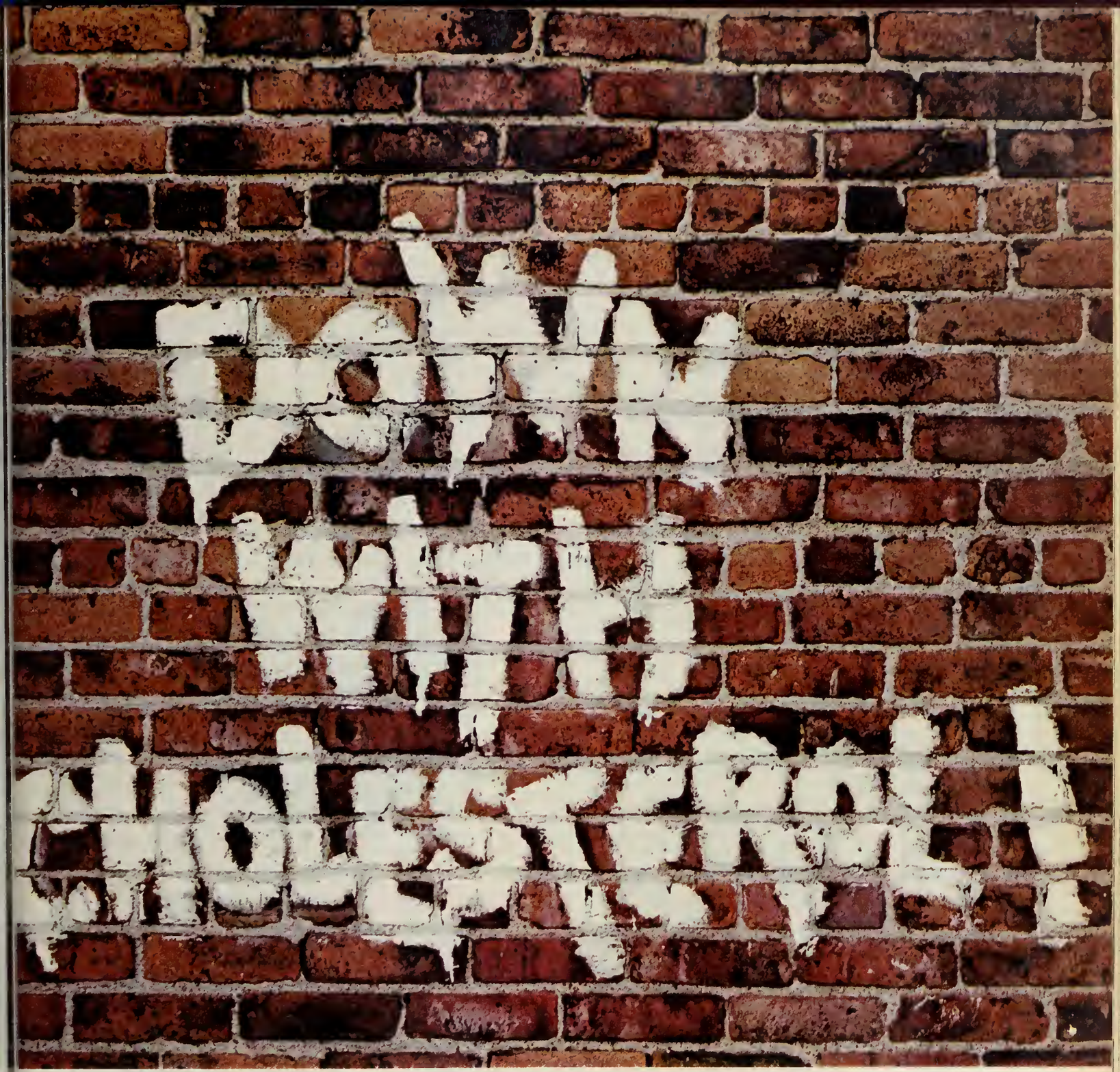
Artichokes a la Ham Curry

Use the curry sauce as the dip for the leaves, too—

4 artichokes
2 cups (1 pound) ground cooked ham
½ cup chopped onion
2 tablespoons cooking oil
¼ cup fine dry bread crumbs
2 beaten eggs
¼ cup snipped parsley
¼ teaspoon pepper
Curry sauce

Wash artichokes; cut off about one inch from entire top. Cut stem close to base. Pull off any dry loose leaves around bottom. In large pan, bring salted water to boiling; add artichokes. Cover and simmer 25 to 30 minutes or till stalk can be easily pierced and a leaf pulls easily from base. Drain upside down. Snip sharp leaf tips off with kitchen shears. Remove center leaves and chokes. In skillet, cook ham and onion in hot oil till onion is tender but not brown. Add crumbs, eggs, parsley and pepper; mix well. Spread artichoke leaves apart slightly; fill center of each artichoke with meat mixture. Place in 9x9x2-inch baking pan. Pour in hot water around artichokes to depth of 1 inch. Bake, uncovered, in 375° oven for about 30 minutes. Makes 4 servings.

Serve with *Curry Sauce:* In small saucepan, combine 1 cup dairy sour cream, ⅓ cup milk, 1 teaspon curry powder and ¼ teaspoon salt. Heat through, stirring occasionally. Do not boil. Makes 1 cup.



Cholesterol can build up from childhood on. Up and up until it may become a real health risk.

More and more people are getting concerned about it. But that's not enough. You've got to take action.

Many doctors advise everyone in your family to start eating foods that help lower cholesterol levels.

Like Fleischmann's® Margarine.

Made from 100% corn oil, and it's low in saturated fats.

In fact, there's no better oil to help lower cholesterol levels.

And there's no better tasting margarine than Fleischmann's.



Fleischmann's®
the corn oil margarine doctors name most and people like best.

FAMILY FOOD IDEAS

There was only one way Snow's could improve their chowder.

A new label.



IF PRODUCT OR PERFORMANCE DEFECTIVE
Good Housekeeping
GUARANTEES
REPLACEMENT OR REFUND TO CONSUMER

Snow's is the greatest. It's the chowder in the large can! Whether you buy it with Snow's familiar old label or bright new one . . . whether you serve Snow's New England Style or Manhattan Style . . . whether you serve it for lunch or supper . . .

Soup just can't match it.
Try it and see.

BORDEN™

SNOW FOOD PRODUCTS
BORDEN, INC.

FAMILY FOOD IDEAS

Fish your family can't resist

Begins on page 68

Clam-baked Lobster

Serve with more melted butter for dipping—

1 large or 2 small live lobsters
1 beaten egg
½ can (about ⅔ cup) condensed cream of celery soup
1 tablespoon snipped parsley
¼ teaspoon onion salt
Dash freshly ground black pepper
1 7½-ounce can minced clams
2 cups plain croutons
2 tablespoons butter or margarine, melted

Select active live lobsters; plunge headfirst into enough boiling salted water to cover. Cook 2 minutes. Remove from pan; place lobsters, hard back shell down, on cutting board. With sharp knife, split soft under-

Photographs: Dieter



shell lengthwise from head to tail (remove head if you wish). Using shears, snip out under-shell membrane on tail section.



Discard all organs in body section except brownish green liver and red coral roe. Remove black vein that runs down tail. Crack claws. Place, cut side up, in shallow baking pan. Combine egg, soup, parsley, onion salt and pepper (and liver and roe, if desired). Drain clams, reserving 2 tablespoons liquid. Stir clams and reserved liquid into soup mixture with croutons, tossing to coat. Spoon into lobsters, over body cavity and tail. Bake in 350° oven for 30 to 35 minutes. Drizzle with melted butter or margarine during baking. Makes 2 servings.

Oysters en Brochette

Hot bacon-wrapped oysters ma great hors d'oeuvres—

1 pint shucked oysters, drained (24 oysters)
12 slices partially cooked bacon, halved
1 6-ounce can whole mushrooms, drained (about 1 cup)
1 large green pepper, cut in squares
4 tablespoons butter or margarine, melted
1 tablespoon lemon juice
¼ teaspoon salt
Dash pepper
Dash garlic powder

Wrap an oyster in each ha slice bacon. Place on 6 sh skewers, alternating with mus rooms and green pepper piec Place in shallow baking p Combine butter or margari lemon juice, salt, pepper a garlic powder; brush on oyst and vegetables. Bake in 45 oven for 10 minutes, brushi occasionally with butter m ture. Makes 6 servings.

Land and Sea Salad

Next time, arrange six indivi al salads and pass dressing—

4 cups torn mixed salad greens
1½ pounds frozen king crab legs, thawed and shelled *or* 1 6-ounce package frozen crab meat, thawed *or* 1 7½-ounce can crab meat, drained and cartilage removed
1 pound cooked shrimp, peele and deveined



1 cup cherry tomatoes (about 10), halved
2 tablespoons sliced green onion
1 large avocado

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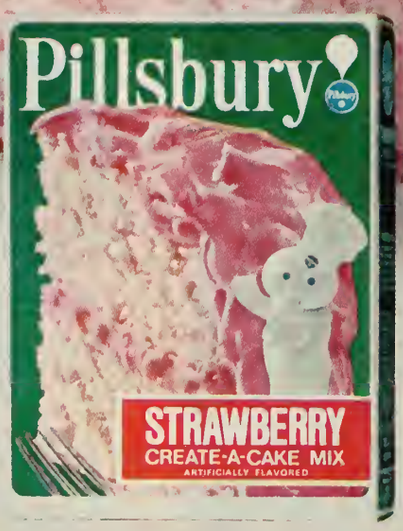
1 cup mayonnaise or salad dressing
¼ cup milk
1 clove garlic, minced
2 teaspoons curry powder
¼ teaspoon worcestershire sauce
6 to 8 drops bottled hot pepper sauce

Continue



ood news for strawberry lovers! New rawberry Flavor Create-A-Cake Mix! *And* w Strawberry Flavor Frosting Mix! Now the ke mix specially made to let you be creative es you a great new flavor—along with the edom to add fruit or frosting x to make every cake your n creation. And to top it off Strawberry Flavor Frosting x with 10% more frosting in ery box! The mixes for people o are wild about strawberries!





Berry Scrumptious Cake

1 package Pillsbury Strawberry Frosting Mix
¼ cup lukewarm water
¼ cup butter or margarine, softened
1 package Pillsbury Strawberry Cake Mix
2 egg whites
1⅓ cups water

Grease and flour 13x9-inch pan. In small bowl, blend frosting mix, ¼ cup water and butter. Beat as directed on package. Measure ½ cup prepared frosting for use in the cake; set remainder aside. In large mixer bowl, blend cake mix, ½ cup frosting, 2 egg whites and 1⅓ cups water. Beat as directed on package. Pour into prepared pan. Bake at 350° for 35 to 40 minutes or until done. Cool completely. Frost with remaining frosting. **High Altitude:** 5200 feet. Add 2 tablespoons flour to the dry cake mix. Blend and beat as directed. Bake at 375° for 30 to 35 minutes.

Pillsbury introduces the Create-A-Cake Mix for people who are wild about strawberries.

FAMILY FOOD IDEAS



An older Worcestershire makes a wiser stew.

Add Lea & Perrins, and your stew is bound to taste better than it would with any other brand.

Because we've been making Worcestershire since 1835. From a recipe that calls for more of the good things like eschalots, tamarinds, anchovies and chili peppers.

And we age every drop in wood, naturally, like fine wine. To make a sauce that's never raw or rough. But rich, full-bodied, with far more flavor. Sure to bring out the best in stew, meatloaf, gravy, everything.

Lea & Perrins has the kind of seasoning that comes only with age.

Lea & Perrins. The More Seasoned Worcestershire.

Fish your family can't resist *Continued*

In salad bowl, top greens with crab meat, shrimp, cherry tomato halves and green onion; chill. Just before serving, peel and slice avocado; add to salad. Toss with Curry Dressing. Makes 6 servings.

To make Curry Dressing: Stir together mayonnaise, milk, garlic, curry, worcestershire and hot pepper sauce; chill. Makes 1¼ cups dressing.

Salmon Steaks Teriyaki

Marinade can double as a brush-on for broiled shrimp—

4 salmon steaks (about 1½ pounds)
¼ cup cooking oil
2 tablespoons lemon juice
2 tablespoons soy sauce
½ teaspoon dry mustard
½ teaspoon ground ginger
⅛ teaspoon garlic powder

Place salmon steaks in shallow pan. Combine oil, lemon juice, soy, dry mustard, ginger and garlic powder; pour over steaks. Let stand at room temperature 1 hour, turning once. Drain, reserving marinade. Place steaks on broiler pan. Broil 3 inches



from heat for 5 minutes; turn and brush again. Broil 5 minutes more. Makes 4 servings.

Snapper Rolls Elegante

Crab meat stuffing and wine sauce make this very special—

¼ cup chopped onion
4 tablespoons butter or margarine
1 3-ounce can (½ cup) chopped mushrooms
1 7½-ounce can crab meat, drained and cartilage removed
½ cup coarsely crushed saltine crackers (12 crackers)
2 tablespoons snipped parsley
Dash pepper
2 pounds red snapper fillets, skinned (8 fillets)

• • •

3 tablespoons butter or margarine
3 tablespoons all-purpose flour
Milk
⅓ cup dry white wine
4 ounces (1 cup) shredded process Swiss cheese
½ teaspoon paprika

In skillet, cook onion in the tablespoons butter or margari till tender but not brown. Dra mushrooms, reserving liqu Stir mushrooms into skillet wi crab meat, cracker crumbs, pa ley and pepper. Spread mixtu over snapper fillets. Roll



each fillet, securing with woo en picks if necessary. Plac seam side down, in shallow quart casserole or 11¾x7½-in baking dish. In saucepan, m the remaining butter. Blend flour. Add enough milk to mus room liquid to make 1½ cu liquid. Add with wine to sauc pan. Cook and stir till mixtu thickens and bubbles; pour ov fillets. Bake in 400° oven f 25 minutes. Sprinkle wi cheese and paprika; return oven. Bake 10 minutes more till fish flakes easily with for Makes 8 servings.

Cheesy Tuna Chowder

Next time, substitute a 7½-ounce can minced clams for the tuna—

1 tablespoon finely chopped onion
2 tablespoons butter or margarine
1 can condensed cheddar cheese soup
½ cup milk
1 16-ounce can (about 2 cups) tomatoes, cut up
1 7-ounce can tuna, packed in water, broken into chunks
1 tablespoon snipped parsley
Dash coarsely ground pepper

In saucepan, cook onion in bu ter or margarine till onion tender but not brown. Ad cheese soup; gradually blend milk. Add *undrained* tomato *undrained* tuna, parsley ar pepper. Cover and simmer minutes. Makes 4 servings.

Oven-barbecued Trout

Garnish with lemon and cucumber slice fans—

½ cup diced celery
½ cup chopped green pepper
4 tablespoons butter or margarine
2½ cups herb-seasoned stuffing croutons

) water
'n or pan-dressed trout
unces each)
l barbecue sauce
celery and green pepper
ter or margarine till ten-
ut not brown; toss with
g croutons and water.
each fish cavity with a
salt; brush liberally with
ue sauce. Stuff fish, using
½ cup stuffing for each.
each on a sheet of foil.
with about ⅓ cup barbe-
uce. Seal foil; place in
v baking pan. Bake in
ven for 35 minutes. Turn
foil; brush with more
ue sauce. Bake 15 min-
ore or till fish flakes easily
ested with a fork. Makes
ngs.

Salmon Pie



tric blender makes
work of the crumbs—
soft bread crumbs
slices)
milk
ly beaten egg
spoon chopped onion
spoon butter or
garine, melted
poon salt
unce can salmon, drained
finely flaked
• • •
ed instant mashed
toes to equal 4 servings

ice
ne bread crumbs, milk,
aten egg, the onion, but-
margarine and salt till
are moistened. Add
and mix thoroughly.
into greased 8-inch pie
Prepare instant potatoes
ng to package directions,
g *milk*. Beat in the re-
g egg. Spoon around edge
Bake in 350° oven for
5 minutes. Serve wedges
rm Dill Sauce. Makes 4
rvings.
ake Dill Sauce: In sauce-
elt 1 tablespoon butter
garine. Blend in 1 table-
all-purpose flour. Add
ps milk; 1 teaspoon sug-
teaspoon dried dillweed
teaspoon salt. Cook and
thickened and bubbly.
ne 1 tablespoon lemon
nd ½ cup dairy sour
Gradually stir in hot
. Makes 1⅔ cups sauce.



We know what you're up against.

You tell the kids how important breakfast is.

How much the body needs food after 12 hours of not eating.

Then Johnny gulps down something cold and says he's got to rush to school.

Susie has fruit juice and insists she's not hungry.

And you keep wishing there was some way to get something good and warm inside them.

There is. Just show 'em Aunt Jemima Waffles.

Crispy and golden.

With the butter melting. And the syrup splashing down.

They're the good, hot breakfast that's quick as a cold one. Because they heat right in the toaster.

And Aunt Jemima Waffles are light. Because they're made from the original Aunt Jemima recipe.

They're the waffles more people warm up to, than any other kind.

How about tomorrow morning?

Wouldn't it do your heart good to see those breakfast-skippers eat?



The breakfast that gets 'em to eat.

Peppy Clam Shells

Parmesan cheese adds spark—

½ cup finely chopped onion
½ cup finely chopped celery
¼ cup finely chopped green pepper
4 tablespoons butter or margarine
2 tablespoons all-purpose flour
1 tablespoon grated parmesan cheese
¼ teaspoon salt
Dash pepper
Dash worcestershire sauce
Dash bottled hot pepper sauce
½ cup crushed rich round crackers (12 crackers)
1 7½-ounce can minced clams
1 tablespoon butter or margarine, melted

In medium skillet, cook onion, celery and green pepper in the

Continued

NAPOLEON DIDN'T FIND THE MUSHROOMS IN THIS ROYAL CHICKEN DISH.

Napoleon's chef created this dish to celebrate a victory in the field. But he couldn't scout up the mushrooms. Napoleon approved it anyway.

You'll approve it even more when you add choice B in B Mushrooms, the plump, brown kind, all sliced and broiled in butter and packed in their own butter-rich broth. Broth you add to your cooking... not brine you throw away, like you get with other brands! They come 3 ways: Whole Crowns, Sliced or Chopped.



Try this royal chicken dish on your Napoleon.

CHICKEN MARENGO

1 broiler-fryer, about 2½ lb., cut up
¼ cup vegetable oil
½ cup chopped onion
1 clove garlic, minced
¼ teaspoon marjoram, crushed
1 teaspoon salt
⅛ teaspoon pepper
½ cup dry white wine or chicken broth
1 can (3-oz.) B in B Sliced or Chopped Mushrooms
2 tomatoes, peeled
Chopped parsley

Brown chicken slowly in hot vegetable oil. Add onion, garlic and marjoram; cook until onion is soft. Season with salt and pepper. Add wine and broth drained from mushrooms. Scrape bottom of pan to loosen browned bits. Cover and cook over low heat until chicken is tender, about 35 minutes. Skim off any fat. Cut tomatoes into quarters or eighths and add with mushrooms to chicken. Continue cooking, covered, for 5 minutes. Garnish with parsley. 4 servings.

FREE RECIPE BOOKLET. 32 pages of mushroom magic. For your copy, send label from any B in B Mushroom can with your name and address to B in B Mushrooms Dept. BHE371, P.O. Box 88, Lancaster, Penna. 17604.

B IN B MUSHROOMS

FAMILY FOOD IDEAS

Fish *Continued*

4 tablespoons butter or margarine till tender but not brown. Stir in flour, cheese and seasonings. Add ¼ cup of the cracker crumbs; mix well. Stir in the *undrained* clams; cook and stir till mixture thickens and bubbles. Divide evenly among 3 or 4 large baking shells or individual baking dishes. Combine remaining crumbs and remaining butter; sprinkle atop mixture in each shell. Bake in 350° oven for 15 minutes or till heated through. Garnish with cherry tomatoes, if desired. Makes 3 to 4 main dish servings or 6 first course servings.



Fish Sticks Polynesian

The bone-free breaded fish sticks are great for kids—

⅓ cup sugar
2 tablespoons cornstarch
1 13¾-ounce can (about 1¾ cups) pineapple tidbits
2 teaspoons soy sauce
1 vegetable bouillon cube
¼ teaspoon salt
2 tablespoons vinegar
½ cup long-grain rice, cooked (1½ cups)
1 9-ounce package frozen peas, thawed
1 8-ounce package frozen, fried, breaded fish sticks

In medium saucepan, combine sugar and cornstarch. Drain pineapple, reserving ⅔ cup syrup. Gradually stir reserved syrup into saucepan. Add soy sauce, bouillon cube and salt. Cook and stir till thickened and bubbly. Remove from heat; stir in vinegar. Combine cooked rice, thawed peas and pineapple tidbits. Stir sauce into rice mixture; turn into 1-quart baking dish. Arrange fish sticks spoke-fashion atop rice mixture. Bake in 350° oven for 25 to 30 minutes. Makes 4 servings.

Chip and Cheese Scallops

Crispy crushed potato chips crown this casserole—

1 pound frozen scallops, thawed
1 tablespoon finely chopped onion
3 tablespoons butter or margarine
3 tablespoons all-purpose flour
⅛ teaspoon pepper
½ cup milk
1 3-ounce can chopped mushrooms, drained
2 tablespoons parmesan chee
2 tablespoons chopped pimiento
1 tablespoon snipped parsley
2 ounces (½ cup) shredded sharp process American cheese
1½ cups (3 ounces) crushed potato chips

Rinse scallops. In saucepan, c er with cold water. Bring to b ing; reduce heat and cook minutes. Drain, reserving 1 cooking liquid. Slice scall about ¼ inch thick; set as In skillet, cook onion in bu or margarine till tender but brown. Blend in flour and p per. Add reserved cooking uid and milk all at once. C and stir till thickened. Rem from heat. Stir in mushroo parmesan, pimiento, parsley scallops. Turn into 1½-qu casserole or 10x6x1¾-i baking dish; sprinkle shred cheese over sauce and top w potato chips. Bake in 350° o for 20 to 25 minutes or heated through and cheese melted. Makes 5 to 6 servi

Halibut Steaks Amandine

5 frozen halibut steaks, thawed
3 tablespoons butter or margarine
2 tablespoons all-purpose flour
½ teaspoon salt
Dash pepper
½ cup milk
2 tablespoons lemon juice
2 beaten egg yolks
2 tablespoons sliced almonds, toasted

Place thawed fish steaks in la skillet with just enough wate cover. Simmer, covered, fo to 10 minutes or till fish fla easily when tested with a f



Drain, reserving 1 cup cook liquid. Set steaks aside and k warm. Melt butter or margar in same pan; stir in flour, and pepper. Add reserved uid and milk all at once. C and stir till thickened and b bly. Stir in lemon juice. Sti small amount of hot mixt into beaten egg yolks; return hot mixture. Cook and stir minute more. Serve o poached steaks; sprinkle w almonds. Makes 5 servings.

DON'T SCRIMP ON THE FLAVOR

Go ahead and save on food where it makes sense, but when it comes to the tomato sauce don't cut corners. That's where the flavor is. Use Hunt's. It's the best and the best always makes a difference.



FAMILY FOOD IDEAS

Cook a perfect main dish, complete with meat, without really cooking at all.

You're looking at a whole line of great, complete noodle, rice and spaghetti dinners from Chef Boy-Ar-Dee.® If you made them yourself, they'd take hours. But with our dinners, everything is completely complete, right from the box. (Except we ask you to add a little fresh milk to our Stroganoff.) Every dinner, from Chicken and Mushrooms to Goulash, has been fussed and worried over as if you'd been there yourself. From the rich egg noodles, to the good lean beef, to the cheese aged six months. So, except for our 35-minute Lasagna, you can serve your family a 3-hour dinner in a merciful 15 minutes.

Ten Perfect Dinners:
Spaghetti—Meatballs, Meat Sauce, Mushroom (Meatless).
Rice—Chicken Paprika, Chicken and Mushrooms, Beef Marinara, Braised Beef.
Noodle–Stroganoff, Goulash, Lasagna.
They're all part of the joy of not cooking.

Chef Boy-Ar-Dee®
Every box is a whole main dish.



FAMILY FOOD IDEAS

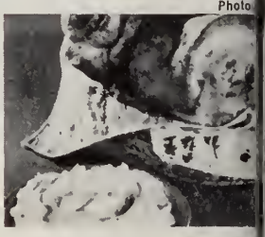
Popovers plus

Bacon Popovers
4 slices bacon
2 eggs
1 cup milk
1 cup sifted all-purpose flour
½ teaspoon salt
½ cup butter or margarine, softened
⅛ teaspoon dried oregano, crushed
⅛ teaspoon sage, crushed

Cook bacon till crisp; drain, reserving 1 tablespoon drippings. Crumble bacon finely; set aside. In mixer bowl, combine eggs and milk; add flour and salt. Beat 1½ minutes with rotary tric beater. Add reserve drippings; beat 30 (Don't overbeat.) Stir in Fill 6 to 8 well-greased cups half full. Bake in 47 for 15 minutes. Without ing popovers from oven heat to 350°; continue 25 to 30 minutes mor popovers are browned a Prick with fork before r from oven. Serve hot.

Pass Herb Butter: cre ter or margarine, orega

Photo



Almond Popovers with Chicken-Cheese Sauce
2 eggs
1 cup milk
1 cup sifted all-purpose f
1 teaspoon salt
1 tablespoon cooking oil
¼ cup finely chopped al toasted
1 cup sliced fresh mushr
2 tablespoons butter or margarine
¼ cup all-purpose flour
2 cups milk
1 cup (4 ounces) shredde process American che
1½ cups diced cooked c
2 tablespoons dry sherry
2 teaspoons snipped chiv

In small mixer bowl, eggs, the 1 cup milk, th flour and the salt. B minutes with rotary or beater. Add oil; beat 30 (Don't overbeat.) Stir monds. Fill 6 to 8 well custard cups half full. 475° oven for 15 minute out removing popover oven, reduce heat to 35 tinue baking 25 to 30 or till popovers are brow firm. Prick with fork be moving from oven.

Meanwhile, prepare *Cheese Sauce:* Cook mu in butter or margarine til Blend in remaining flo remaining milk; cook till thickened and bub in cheese till melted. Ad en, sherry and chives; heated through.

To serve, split popov tically; top with hot sauce. Makes 6 to 8 se




DAY 2


DAY 3

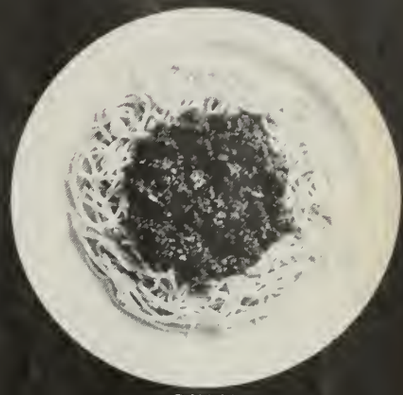

DAY 4


DAY 5


DAY 8


DAY 9


DAY 10


DAY 11


DAY 14






DAY 17

HUNT-WESSON INTRODUCES COMPUTERIZED MENU PLAN 3. TAKE A GOOD LOOK AT HOW WELL YOUR FAMILY CAN EAT WITHIN YOUR FOOD BUDGET.

Please send coupon to: Hunt-Wesson Foods, Computer Meal Planning Center; P.O. Box 1368, Dayton, Ohio 45401
Hunt-Wesson's Computerized Menu Plan 3 contains a whole month of brand new menu ideas, recipes and tips planned for you and your family. In fact, all of our Menu Plans can show you how to serve good, nourishing meals within your food budget. You see, we're going to help you make it.

MY FAMILY AGE GROUPS ARE: (Please put correct number for each applicable group.)
Number of:

____Adults (Over 18)
____Children 2-5 Years Old
____Children 6-9 Years Old
____Children 10-14 Years Old
____Children 15-18 Years Old

MY WEEKLY FOOD BUDGET IS: (Please check one and **exclude** liquor, cigarettes, laundry products, toiletries, pet food and other non-food items from your total.)

☐ Under $20 Week
☐ $20 to $30 Week
☐ $30 to $40 Week
☐ $40 to $50 Week
☐ Over $50 Week

I have enclosed:
☐ 15¢ for Menu Plan 1
☐ 15¢ for Menu Plan 2
☐ 15¢ for Menu Plan 3
☐ 35¢ for all 3



BH3035

MENU PLAN 3

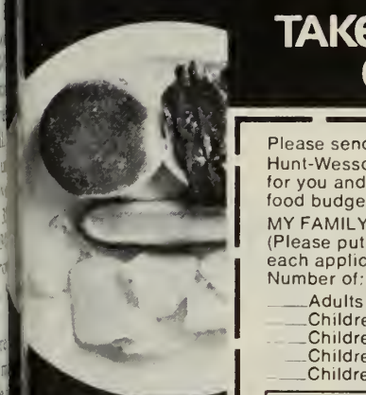
Name (please print) _____

Address _____

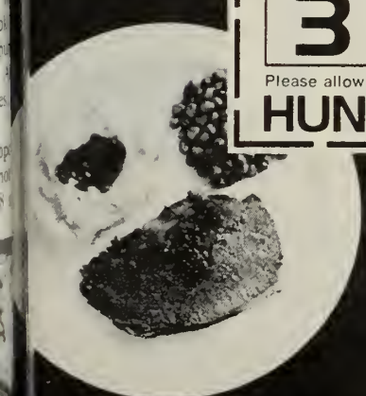
City _____ State _____ Zip _____

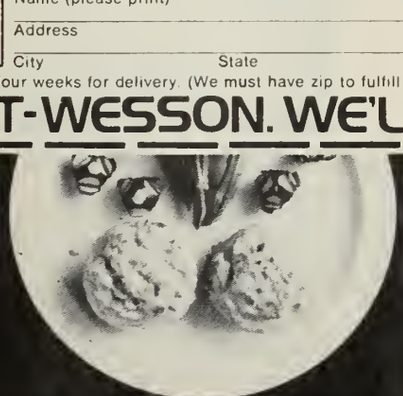
Please allow four weeks for delivery. (We must have zip to fulfill request)

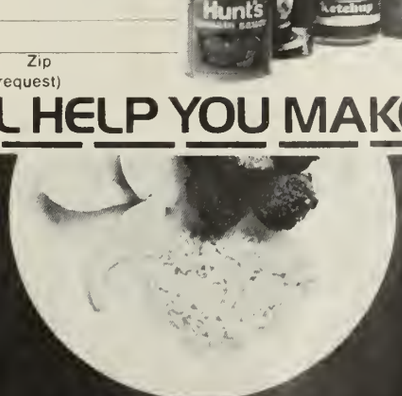
HUNT-WESSON. WE'LL HELP YOU MAKE IT.


DAY 20


DAY 23


DAY 26


DAY 27


DAY 28


DAY 29

FAMILY FOOD IDEAS

ONE SKILLET DOES A DINNER MAKE...

It's sweet...it's tart...it has the hearty meaty goodness of browned pork; it's the perfect dish to take the sting out of robust appetites. The secret of its goodness is Kitchen Bouquet's special blend of delicate herbs and spices that helps seal the succulent juices inside the chops while it helps them cook dark and crisp on the outside.

Kitchen Bouquet works wonders for steak and poultry, too, broiled indoors or out. And as many good cooks know, a teaspoon of Kitchen Bouquet helps make gravies rich-looking and savory. If you've never used it, try a bottle!





PORK CHOP SKILLET

4 pork chops, trimmed
2 tablespoons honey
1 teaspoon Kitchen Bouquet
4 medium-sized Louisiana yams
2 medium-sized tart apples
½ cup apple juice or cider
1½ teaspoons salt
⅛ teaspoon pepper
⅛ teaspoon cinnamon
⅛ teaspoon nutmeg

Combine honey and Kitchen Bouquet in a large skillet; place over low heat. Turn chops to coat meat on all sides. Increase heat to medium; brown chops. Remove chops. Add a little apple juice to skillet, stirring to loosen bits. Add pared yams, cut into ¼-inch rounds, add pared and quartered apples cut into thick slices to skillet; top with chops. Pour remaining apple juice and seasoning over chops. Bring to a boil, cover and cook over low to medium heat until tender, about 45 minutes. Baste occasionally. If necessary, add more apple juice. 4 servings.

Kitchen Bouquet, Dept. BH371
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Enclosed is my boxtop from Kitchen Bouquet. Please send me free 32-page recipe book.

Name_____

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KITCHEN BOUQUET

How to order material from the magazine

Send Order to:
Better Homes and Gardens Dept. 2Q5
P.O. Box 374, Des Moines, Iowa 50302

- ☐ 01179 Bedspread Pattern $1.25 (postage and handling included)
- ☐ 01180 Crib Set Pattern $1.25 (postage and handling included)
- ☐ 01181 Special Offer—two for $2.00 (postage and handling includ
- ☐ 00440 Chair seat Kit $4.95; 2 for $8.95; 4 for $16.95; 6 for $25.
- ☐ 00441 Pillow Kit $4.95; 2 for $8.95
- ☐ 00909 Guide to Sewing Today's Fabrics $1.50

Please add 30¢ for each stitchery kit purchased to help defray p and handling costs

- ☐ 4103-1 Buffet $2
- ☐ 4103-2 Buffet $2
- ☐ 214 Project Plan Catalog .50
- ☐ Check here if you wish your plans order sent First Class; add .. one plan, $1.00 for two or more. (Otherwise order will be sent post at no charge)

Name _____

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City _____ State _____ Zip _____



Pattern No. 01179



Pattern No. 01180

Creative Patterns: To order patterns shown on pages 65 a use order form above. Each pattern is drawn to actual size complete with detailed instructions. You can select fabrics wh your decor best.



(Pillow) Kit 00441 14"x14"



(Chair seat) Kit 00440 28"x

Stitchery Kits: To order the kits shown on page 65, use order above. Each kit comes complete with design on imported B linen, crewel yarns, easy-to-follow instructions and even the c needle. (You provide pillow form in pillow kit.)

Project Plans: To order plans for the buffet servers on pages 6 63, use order form above. Project plans you receive are professi done, include cutting diagrams, assembly details, lists of ma where practical and a picture of finished projects.



In every great cook's bag of tricks, you find the fresh lemon. How come?

Leaf through any good cookbook. From Betty Crocker to Julia Child, the fresh lemon pops up all over the place.

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Because it can make the difference between good and great. It's a sign you care. And know.

The fresh, sharp taste and aroma of lemon can enhance a sauce, a dessert, a main dish. Take it from ordinary to extraordinary.

And, good cooks like the great look of lemon. Fresh, wet wedges on a platter of fish, or the rim of a glass, or nestled among vegetables are just plain stunning to look at.

So remember the Sunkist lemon. Like the experts always do.

It shows you care.

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You can get both for $5.00. A $10.75 value. Be sure to look for the details on the special Sunkist display at your grocers. Price slightly higher in Canada.

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Remember the fresh lemon. It shows you care.



Spend fifty-five minutes knocking yourself out on a homemade rice pudding and it'll turn out delicious. Maybe.

Betty Crocker Rice Pudding turns out delicious. No maybes.



Now you can get a great tasting rice pudding in no time at all. Betty Crocker ready-to-serve Rice Pudding gives you rich taste, creamy texture, fluffy rice and lots of it. And Rice is not the only one. Comes in five other great flavors. And they're all more than delicious.



Cars

Continued from page 14

as owners of run-down old cars.

Park next to a four-door sedan if given a choice. Doors on two-door cars are wider than those on four-door cars and consequently have a longer reach when opened.

Plan your shopping trips during slow hours. Weekends are usually bad times to park and shop. Try to pick a location where you can leave your car in the same place for all your shopping. This way you won't multiply your exposure.

Consider shopping downtown. As a rule, it's more difficult to find a parking place in a downtown area, so people hold ont a spot longer when they finall find one. A lower turnover cars parking near yours reduc your car's exposure to damag

One of the worst places leave your car is in a lot wit parking attendants. Parking pe sonnel seem to be convinced th the width of a car has nothing do with the space it will fit int The more cars that can squeezed into the lot, the mo money the lot owner will mak And in most cases, owners these lots aren't liable for dan ages to your car unless you ca prove negligence. ■

Sew up some savings

Begins on page 64

Chair slipcover

Yardage required: 6½ to 7½ yds. 45" fabric. For more specific measurement, measure all chair sections and add two inches at every seam line. Add 20 extra inches for tuck-in allowances (ten inches at back, five inches on sides). Allow extra yardage for welting or cord trimming and a skirt if desired.

Notions: thread, zipper for cushion cover, closing for cover (zipper, nylon tape, snap tape).

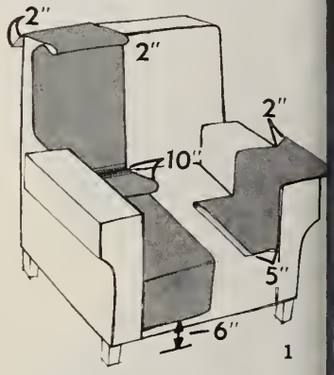
If you're not an expert at slipcovers, make one in muslin first. When you're finished, you can rip it apart and use the pieces as patterns on good fabric.

On the final fabric, work *right side up* when pinning the slipcover. This insures a perfect fit.

To cut fabric lengths for basic slipcover sections, start with inside back of chair. Fold fabric in half lengthwise and rest it on back of chair so it drapes down back and onto seat. Remove cushion and work on chair seat deck which will be covered with body of chair. Cushion is covered separately.

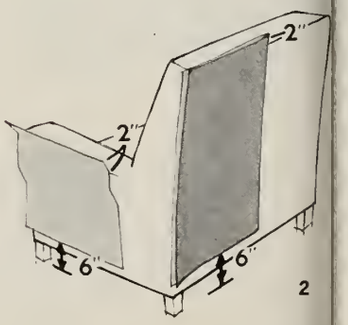
Pull fabric back so that cut edge extends two inches past far back edge of chair. Bring fabric down along inside chair back, across seat deck and down front edge. Make a mark six inches above floor. To this mark in fabric, add 12 inches (two inches for welting seam at front edge of chair back and ten inches for tuck-in allowance where deck joins back). Cut fabric at this measurement. (SKETCH 1)

Lay folded fabric across top of chair arm with cut edge extending two inches past far outside top edge and with fabric running over top of arm an down inside surface of arm Mark where arm meets deck Add five inches more for tuck-i allowance between seat deck an arm. Cut fabric at this measure ment. Do same with opposit arm. (SKETCH 1)



1

Place fabric with cut edg two inches above top of chai and measure from this point t six inches above floor. Cut fabri here. For outside of chair arm start with cut edge of fabric ex tending two inches beyond out side top edge of arm and mea sure to a point six inches of floor. (SKETCH 2)



2

Continued

Some unwritten rules on cheddar



In England, customs evolved on the proper serving of cheddar. They continue wherever fine cheddar is served. Cheddar is best freshly cut, so slice it just before serving. Bring out the full flavor of cheddar by letting it stand an hour at room temperature. Cheddar is an informal cheese, so bring it to the table for dessert—with apple pie, fruit, or from the cheeseboard. Cracker Barrel Brand Cheddar from Kraft. To know fine cheddar is to serve it well.

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Is it ever nice to go to a cupboard that's not so bare, for a change."



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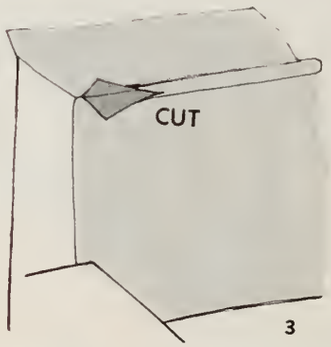
Sew up some savings

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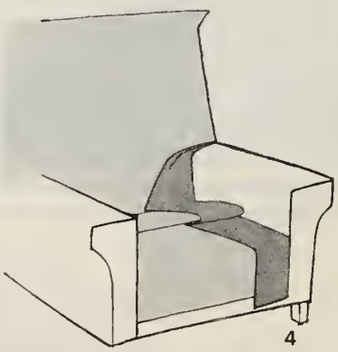
The pieces of slipcover that cover front surface of chair arms and side panels of chair back above arms are cut separately while you're fitting pattern pieces together. At this point, do the quilted design in chair back piece.

Join outside back to inside back at top seam (back edge of chair). Pin an even one-inch seam allowance here and at every seam.

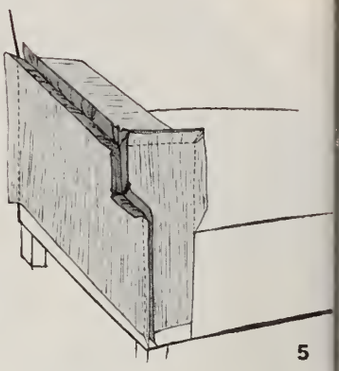
Bring front length of fabric across top of chair back. Pin a doubled one-inch fold at front edge of top to accommodate welting at this edge. When you have the seam fold pinned, cut through its center to have two pieces with a regular one-inch seam allowance. (SKETCH 3)



Bring inside back panel of fabric down inside back surface of chair and onto deck. Where back meets deck, allow ten-inch fold in fabric for tucking in. Then bring remaining fabric across seat deck and down front of chair below deck. Fabric will be wider than deck, so fold over excess width at each side of deck and down outside front. (SKETCH 4)

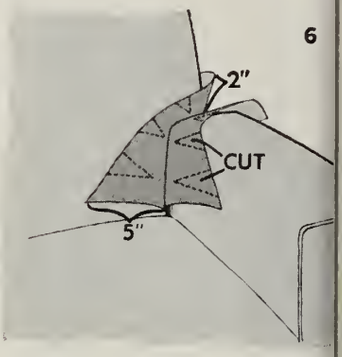


Pin outside arm section to inside arm section at top outside edge. Pin back edge of outside arm piece to chair back piece. Place piece of fabric over front arm surface and pin to outside and inside arm pieces. Cut this front arm panel, using a one-inch seam allowance on all edges. (SKETCH 5)



The side panel of the back (above chair arm) is handled the same way. Pin a piece of fabric to outside back and inside back and across top of chair back. Fit this piece to inside arm where the two join and cut a one-inch seam allowance all around this piece.

Join inside back and inside arm pieces by holding them together and making a chalk mark along the line where they meet. Trim off excess fabric, tapering allowances from two inches beyond chalk mark at top of seam to five inches at bottom. This allows for joining with tuck-in allowance. Pin these two pieces together and clip with notches two inches apart so fabric lies smoothly around curve of arm. (SKETCH 6)



Cushion cover

Place cushion on top of fabric. Chalk outline of cushion, allowing one-inch seam allowance on all sides. Cut this out and use as a pattern for cutting a second piece for other side of cushion. (Quilted design should be already worked into fabric before these pieces are measured and cut.)

Cut piece of fabric the depth of cushion boxing (side panel between top and bottom of cushion) plus two inches for seams (one on top; one on bottom). The length of this strip should measure from center of one side of cushion, around front, and to center of other side of cushion. To this measurement, add

Continued

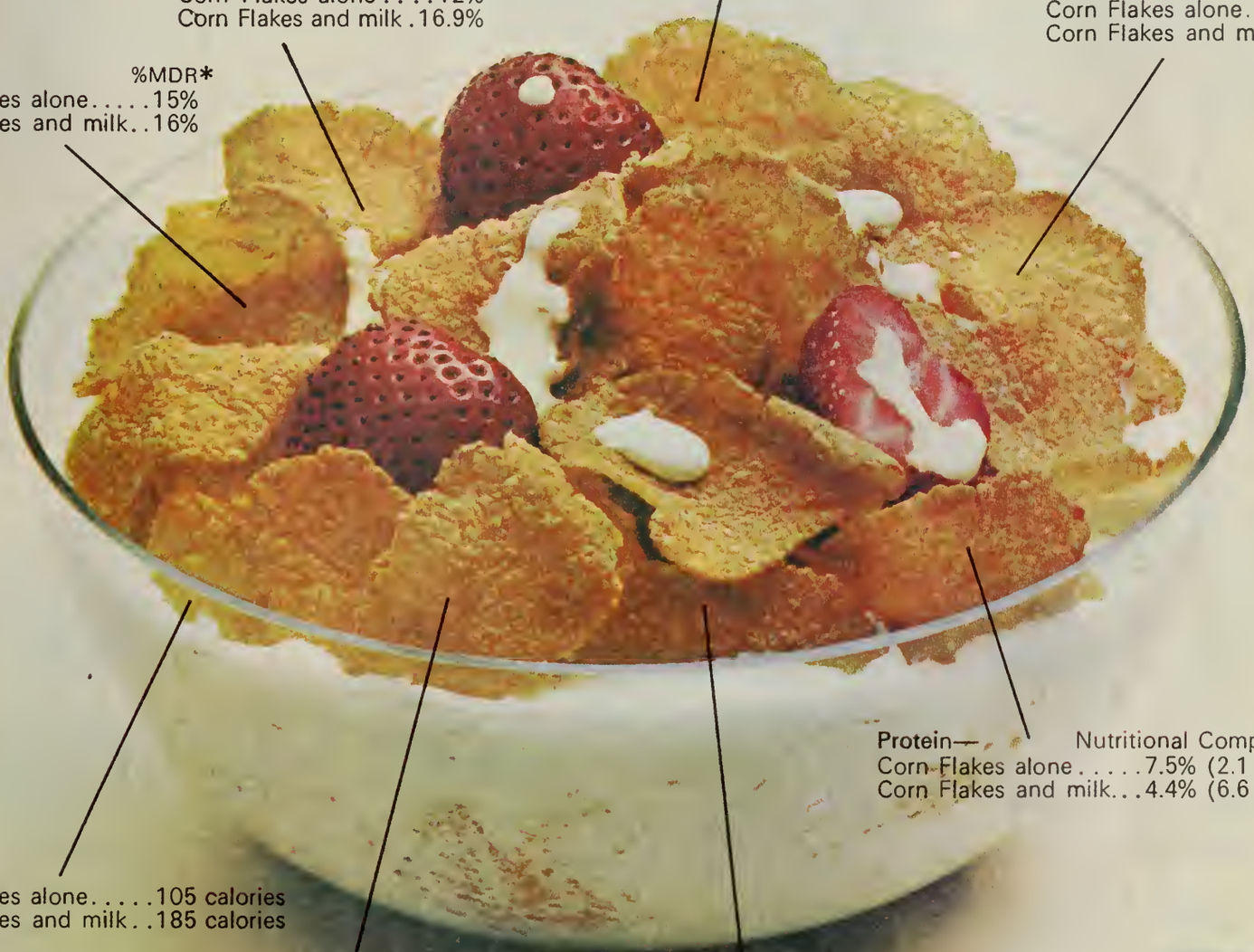
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Protein— Nutritional Composition**
Corn Flakes alone . . . . . 7.5% (2.1 grams)
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gy—
Flakes alone . . . . . 105 calories
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Fat— Nutritional Composition**
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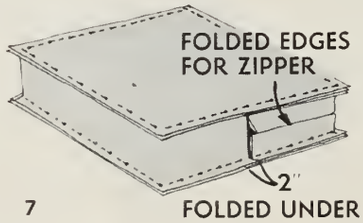
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Sew up some savings *Continued*

four inches for finishing. Cut three pieces this same length and width.

Fold two of these strips in half lengthwise and pin cut edges (not the fold) of one strip to top cushion pattern piece. This folded piece should run from two inches beyond center of one side of top cushion piece to two inches beyond center of other side. Make sure folded edge is away from seam. Then pin second folded strip to bottom pattern piece of cushion. Where the two folded edges meet is where zipper should be set in.

Pin unfolded strip to both top and bottom pieces of cushion cover, using one-inch seam allowances. Fold two inches under at each end to finish the junction of front edge pieces and back zippered section. (SKETCH 7)



7

Sew together the pieces you've cut and fit to chair. To remove pinned slipcover from chair, remove only the pins that hold fabric directly to upholstery. Then unpin all but top two inches of one seam at back outside edge. In this seam, you'll sew zipper, nylon fastening tape, or snap fastener tape.

To cut fabric for skirt, plan on ten inches up-and-down measurement (eight inches plus one inch for hem and one inch for seam where skirt joins slipcover).

To sew skirt to slipcover, make a seam line on cover by chalking a line eight inches from floor. Stitch trim or welting along this line. Pin right side of skirt to right side of slipcover and stitch together. Hem.

Hassock cover

Yardage required for 20-inch diameter hassock: 1⅔ yds. of 36-inch fabric. Extra fabric is necessary to cover cording if self-fabric welting is used (1¼"x67" bias strip—can be pieced; add one inch to length for piecing seam).

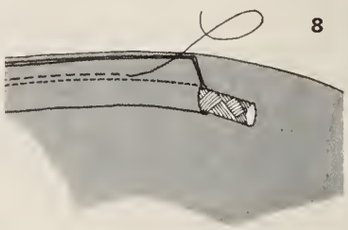
Notions: 2 yds. medium-weight cording or 2 yds. covered cording, thread, 30 inches elastic or 2 yds. fine cording.

Cut a 21-inch diameter circle. If hassock is not standard size, place fabric wrong side up on top of hassock and trace around outside edge with chalk. Allow ½ inch extra on circle's edge when cutting.

Cut side pieces. Overall measurement should be 18" high by 66" wide—or circumference of hassock plus one inch for each joining seam (width) by height of hassock plus 5½ inches. (One-half inch seam to join side to top, four inches turned under bottom of hassock and one inch for elastic or drawstring closing.)

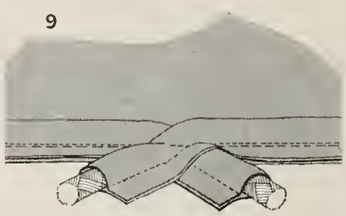
Cover cording for welting. If using self-fabric welt, center cording on wrong side of a 1¼" x67" strip. Fold strip in half to enclose cording and stitch fabric near cording with zipper foot.

Sew welting to top of hassock. Pin welting to circular piece, placing welting on right side of fabric with cut edges together. (SKETCH 8) Machine-stitch



8

welting to top piece. Where welting ends meet, overlap and stitch through. (SKETCH 9)



9

Sew side panel to top piece. Join side pieces to form circle. Pin this to top piece, right sides together, and baste. Stitch a ½-inch seam.

Bottom of cover can be finished with elastic or drawstring. For elastic, cut a 30" piece of elastic, mark in half, then in quarters and pin to bottom edge of cover (also marked into quarters). Pin elastic on wrong side of fabric, ½ inch from outside edge. Stitch in place. Turn a double ½-inch hem to encase elastic and finish bottom edge.

For drawstring, measure ½ inch from edge and make a buttonhole perpendicular to cut edge. Size depends on size of cording used for drawstring. Turn a hem, press and stitch. Thread cording into buttonhole, through casing, and out buttonhole. Place cover on hassock and pull drawstring tight.

Continued

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"They say the Kenmore self-cleaning oven even gets the corners clean. You just set the dials. It locks itself and everything.

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It's designed for you, but built for your husband.

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Sew up some savings

Continued

Quilted trapunto design

Do this before slipcover pieces for chair back and top of seat cushion are cut. When quilting is finished, cut slipcover piece to exact size. As you place design, try to center it as it will be in the finished slipcover. To be on the safe side, allow some extra fabric when blocking pieces for cover.

Materials needed: slipcover fabric, ½ yd. padding (outing flannel, sheet wadding, or light interlining), 1 yd. muslin, 1 pkg. cotton batting, thread.

Our design is a quilted circle with a scallop edge done in stuffed quilting. To duplicate this design, draw a circle on paper with a compass to the size you want. Then with the compass, divide the circumference of the circle into six equal parts. Divide once again to give 12 equal parts. Experiment with compass until you get the arc you want between each dividing point. Then draw scallops. When design is complete, transfer it to muslin with carbon paper.

The center circle of the design will be quilted by machine, so padding must be added between muslin and slipcover fabric. Cut a circle of flannel or padding fabric the size of design's inner circle and pin to muslin. Baste padding in place with diagonal lines of stitching. When padding is secured, place muslin and padding against back side of slipcover fabric (padding side in).

Pin and baste muslin and slipcover fabric together. Use light presser foot pressure, short stitches and quilting foot. A quilting attachment for the machine will help sew straight lines and even quilting squares.

Work with muslin side up to see lines of design. First sew around circumference of inside circle. Next mark one quilting line in each direction (NE to SW and SE to NW). Use a square so the lines are at perfect right angles to each other.

Sew quilting lines by machine. With a quilting attachment, just sew the first line of stitching on your drawn line, then use attachment as a guide for remaining lines.

When inside circle is quilted, sew around scallop outlines (work muslin side up). With embroidery scissors, make a small slash in the muslin backing each scallop and stuff the "pocket" with cotton. Use a knitting needle, crochet hook or a large blunt-end needle.

The amount of cotton used will determine how "puffy" your scallops are. When scallops are stuffed, hand-sew slashes.

Trim away any excess muslin around the machine-stitched design to avoid wrinkles. Proceed with cutting slipcover chair back and seat cushion pieces from your quilted fabric according to directions.

Pillowcases

Yardage required for pillowcases: (36" fabric) regular size—4 yds., queen size—4½ yds., king size—5½ yds.; (45" fabric) regular size—2 yds., queen size—2¼ yds., king size—2⅔ yds.

Yardage for sheet trim will vary, depending on size of sheet, depth required for trim, and distance between pattern repeat for matching.

When cutting fabric, make sure grain runs from top to bottom of cases, not from side to side. Cases are folded and sewn differently if using 36" fabric than 45" fabric. Using 45" fabric is most economical.

Measurements for various size cases: (36" fabric) regular size—21" wide by 72" long, queen size—21" wide by 80" long, king size—21" wide by 92" long; (45" fabric) regular size—42" wide by 36" long, queen size—42" wide by 40" long, king size—42" wide by 46" long.

To sew regular-size cases, fold in half, right sides together. If working with 36" fabric, fold 21"x72" piece of fabric to measure 21"x36". For 45" fabric, fold 42"x36-inch fabric to measure 21"x36" with fold on one side.

With 45-inch fabric, stitch one end and open side to form case. With 36-inch fabric, stitch two open sides. Use ⅜-inch seam and overcast. Hem cases by folding up 2½ inches, then folding over again for double hem. Press and stitch in place.

Sheet trim

Cut fabric strip one inch longer than width of sheet and one inch deeper than desired depth of trim. Allow an extra inch for piecing fabric.

When strip is pieced, press under ½ inch on all sides. Trim off excess on corners where turned edges overlap. Place trim strip on top of sheet. If fabric pattern has an "up" and "down," remember top edge of sheet will be the bottom edge at foot of bed when bed is made and sheet turned back. Pin down strip and topstitch.

Dinette table cover

Yardage required: 1⅓ yards of 45-inch fabric. Notions: thread and 4½ yards cording for drawstring.

Lay fabric on tabletop, wrong side up. With chalk, mark outline of table, then cut fabric 4½ inches larger than outline on all sides. Round off corners to eliminate excess fabric.

Apply applique trim next, if desired. Place cover on table, right side up. Pin on designs and baste to cloth. Straight stitch around designs and remove basting.

With zigzag satin stitch, work over straight stitch line, outlining each piece. Pull threads to inside, tie and clip.

Make buttonhole ¾ inch from cover's bottom edge and perpendicular to edge. Turn ½ inch under and press down on all sides. Turn a one-inch hem and press before stitching. Insert cording through buttonhole, thread through casing and out buttonhole. Place cover on table and draw cording tight to fit.

Dinette chair covers

Yardage needed: 2¼ yds. 45-inch fabric for two chairs and cording covering. Notions: thread, 12 snap fasteners, 2 yards elastic, 6½ yards cording to be covered with welting.

If you haven't sewn many slipcovers, fit the cover in muslin first, then rip it apart and use the pieces as a pattern.

Place fabric wrong side up on chair seat. Draw around outside with chalk. (Ball-point pen works well on muslin.) Cut fabric, allowing for ½-inch seam on all sides.

Cut boxing strip (side portion of chair seat). Length of boxing strip should be circumference of chair seat plus an extra inch for seam. If more than one piece of fabric is required to reach circumference measure, allow an extra inch for joining seam.

Boxing strip should be as deep as chair seat from top surface to bottom edge, plus two inches (½-inch seam for joining top piece and boxing strip, 1 inch to turn under lower chair seat edge and ½ inch for finishing). Cut strip to cover cording—1¼ inches wide and as long as boxing strip.

Cover welting cord by centering medium-weight cording on wrong side of bias strip. Fold strip in half to enclose cording and pin welting to top piece of chair seat. Place cut edges together with welting on right side of fabric. Stitch in place.

Join boxing strip to form one continuous piece. Pin to top piece, right sides together, and stitch.

Divide a yard of elastic in half, then in quarters. Divide circumference of boxing strip in quarters, then pin elastic to unfinished bottom edge. Attach elastic to fabric with long zigzag stitch.

Loosen screws in bottom of chair seat and attach cover. When cover is firmly in place, tighten screws.

Place fabric on front of chair back. Secure with masking tape while drawing outline. Most chairs have welting, so draw up to welting seam. Outline top and sides. Wrap fabric around bottom edge and mark where back posts connect with chair back. Mark across outside bottom edge (or edge nearest you). Follow same procedure on back of chair—two *Continued*

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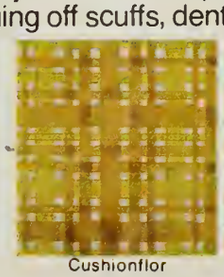
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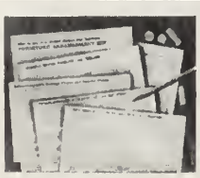




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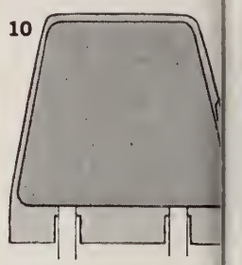
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Sew up son savings

separate patterns are nc cause most chair fr backs differ in size.

Cut front and bac with ½ inch extra around top and sides. inches to bottom edge. dentations for posts. (S 10)



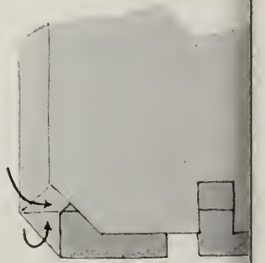
Measure from one ou tom corner up a side, a and down other side to outside bottom edge. add one inch and cut c that length. Cut a fabric same length and 1¼ wide to use as welting

Place front and bac on chair and pin any tucks necessary for goo fit. Tack tucks at outs only. Cover cording, previous directions.

Pin welting to right chair front piece. The end of welting is ancho seam allowance so wh and back are sewn, we gins at outside bottom Stitch welting to front

With buttonhole-widt stitch, overcast indenta for posts on both front pieces. Pin front and ba right sides together and inch seam. Turn. Pre one-inch hem on bott and stitch.

Place cover on cha Between posts, fold fr over back edge and pl to mark for snap fasten corners. (SKETCH 1



center down, fold back e center and fold front e back edge. Place pins fasteners.

Remove slipcover a snap fasteners where pi position. Place cover back and snap into pla

In pursuit of tranquillity, go to our wilderness rivers—the streams with enough current and enough navigational hazards to discourage casual, fast motorboating either upstream or down. These rivers—or the sections of them where civilization has not yet arrived—are among the last refuges from the mechanization of just about everything people engage in, including recreation.

Floating along, it's easy to make peace with the world and yourself. Plunging through a big rapid, with a white-knuckled grip on the gunwales and the stinging explosion of cold water in your face, is the quintessence of exhilaration. And making camp on a river beach, away from roads and trails, takes you back to that wonderful age when, in the vast unmapped regions of the New World, daring voyageurs canoed the only trails there were.

Here is a look at some of the most attractive possibilities. These are the waterways that are wild, or at least they seem to be when you are on them. Some can be navigated safely without assistance or advance know-how; on others, there is no way to make your first run, at least, without guides or even professional boatmen. Some are easy canoe cruises; others include tumultous rapids requiring special capsize-resistant craft that can survive an occasional hard collision with a rock.

Wild Rivers

Yes, we still have some wilderness waterways. Here we tell where they are and how you and your family can discover them

Elton Welke, Travel Editor

Photograph: Martin Litton



The north woods of Maine

For 92 miles the legendary Allagash River dashes, swirls and coasts between fringes of native forest, pressed in by pulpwood logging but protected from actual intrusion by some 200,000 acres of state-zoned buffer strips comprising the Allagash Wilderness Waterway. It takes at least ten days to paddle your own or a rented canoe from the outlet of Telos Lake to the New Brunswick border. You can hire an outfitter to equip, supply and guide you, or join a conducted 12-day trip (you still paddle, but all necessities are provided) for $310 per person. Detailed advice is offered by the State Park and Recreation Commission, State Office Building, Augusta, Maine 04330.

The Eastern Seaboard

One of the best river discoveries is Virginia's Rappahannock, which still flows, as if by some miracle, through roadless wilds for 21 miles of its course between Remington and Fredericksburg. The swift water, sometimes enclosed by wooded bluffs, is less crowded than many streams much farther from metropolitan centers, and you will have no trouble finding a solitary place to camp about halfway along the ten-hour float. You can rent a canoe at Fletcher's Boat House in Washington for $4 a day, take it to Warrenton, near the put-in point, and spend the night there before you shove off. For free maps and camping information, write to the Virginia State Travel Service, 911 East Broad Street, Richmond, Va. 23219.

The Ozarks

A map of the Ozark region of Missouri and Arkansas shows the land so blanketed with reservoirs that it is hard to believe any free-flowing rivers remain. Yet three fine ones have escaped damming, and may be permanently protected from it. In Missouri, segments of the Current River and its wilderness tributary, Jack's Fork, make up the Ozark National Scenic Riverways. On summer weekends, the gentle upper reaches of the Current swarm with canoes trundled in on car tops or rented from outfitters on the banks. There is considerably more solitude on the Jack's Fork, and on the Current downstream from the confluence, where it is bigger and faster, and more suited to guided parties in flat-bottomed johnboats. To the south, the charming Eleven Point River is even less frequented. Get detailed information from Ozark Scenic Riverways, Box 448, Van Buren, Mo. 63965, and from the Supervisor, Mark Twain National Forest, Belcrest and East Trafficway, Springfield, Mo. 65802.

The Buffalo River of Arkansas is still pure enough to drink. It rises in the Boston

Continued

Mountains along the southern edge of the Ozark Plateau. Like the Current River to the north, the more remote Buffalo affords float trips lasting as long as a week.

Western Whitewater

West of the Great Plains, rivers vary greatly from place to place and season to season. At times you can navigate the spectacular Big Bend canyons of the Rio Grande on inner tubes, while in Cataract Canyon of the Colorado even the most capable old-timers must wait for the critical few weeks between springtime's unmanageable floods and late summer's rock-strewn shallows. Motors, prohibited or impractical on many eastern and midwestern streams, are commonly used, often to the detriment of the people who use them as well as those who do not. In the West, as everywhere else, hand-propelled craft still are the aristocracy of boatdom.

For watching wildlife and looking back on history, one of the great wilderness floats is on 155 miles of the upper Missouri through the scenic badlands of north-central Montana, between Fort Benton and Robinson Bridge (U.S. Highway 191). It stands to reason that you should have no trouble going *down* the river Lewis and Clark went *up*, if you have a boat with you. If not, you can rent one from Bob Singer, Box 1212, Fort Benton, Mont. 59442, or take a powerboat jaunt with him down the same stretch in as little as three days.

The Snake and its Tributaries

Where the Snake River forms the boundary between Oregon and Idaho, it flows through Hells Canyon, the deep and fabled Grand Canyon of the Snake. The biggest rapids of Hells Canyon are now stilled under three reservoirs, but its downstream half remains undammed for the time being. It is possible, if you know what you're doing, to launch a boat or inflated raft just below Hells Canyon Dam and float down the churning Snake to the lower end of the canyon. You go about a hundred miles before you encounter much civilization.

For most boaters, the way to go in is to push upstream from Lewiston, Idaho. You buck a strong current, forcing your way up through swirls and rocks in one of the nimble jet boats of Hells Canyon Excursions (Box 368G, Lewiston 83501) or in the powerful inboard that delivers mail to the canyon's scattered ranches (Rivers Navigation Company, also in Lewiston at 1115 Eleventh Avenue). All-expense overnight trips to comfortable camps as far as 90 miles up the river cost $60 to $85 per person, with half fares for children under 12.

The glorious Salmon, still called The River of No Return despite the fact that powerful boats *can* go up it, is just about everything you would expect a wild river to be. Big and exceedingly active, it rushes through more than 70 miles of pure mountain wilderness, between piny banks where you can expect to see (or hunt, in season) bear, deer, elk, mountain goat and bighorn sheep. Large steelhead and other trout are abundant. You can travel the Salmon in the various types of craft used on other rough Western rivers. Or let the river provide all your motive power by taking one of the float trips conducted by pioneer riverman Don L. Smith (North Fork, Idaho 83466). His roomy rubber boats are steered deftly through the chutes, rapids and falls with long, fore-and-aft sweeps.

Sweep boats are also at home on the Salmon's celebrated Middle Fork, a steep mountain torrent too confined and rocky



Photographs: Martin Litton and Clyde Childress

South Fork Eel River, California



Colorado River, Grand Canyon



Redwall Cavern, Grand Canyon

for large-powered craft. The 117-mile navigable section of the Middle Fork is second only to the Grand Canyon of the Colorado in its challenge to the adventurous. Usually it's negotiated by commercial guides in five days at prices averaging about $260 per person. For a list of boat operators on the Salmon and on the shorter but even more remote Selway, write to the Idaho Outfitters and Guides Association, Box 95, Boise, Idaho 83701.

The Rogue

Oregon has several navigable wild rivers, including—if you catch them at high water—stretches of the Deschutes, John Day, Grande Ronde (shared with Washington) and Owyhee, all in the semi-desert country east of the Cascade Range. But the favorite by far—and one of the top favorites anywhere, especially for white-water drift-fishing for steelhead is the lower Rogue, where it cuts through the Coast Range as it nears the ocean. Traditional craft here are the comfortable, sturdy plywood dories developed for the rapids of the Rogue and McKenzie rivers, but inflated rubber boats are also used. The list of guides offering trips of three to five days on the wildest, most challenging part of the Rogue, between Galice and Agness, is a long one. You can get it from Grants Pass and Josephine County Chamber of Commerce, 131 N.E. E Street, Grants Pass, Oregon 97256.

An interesting innovation on the Rogue

Havasu Creek, Grand Canyon



Colorado River, Grand Canyon



is the opportunity to paddle very buoyant inflatable canoes down 40 miles of the river yourself in a party led by a competent guide in the same kind of boat. You break the two-day trip with an overnight stay in a wilderness lodge. You can get a folder on these "Orange Torpedo Trips" (so called for the color and shape of the canoes) by writing to G. D. Bentley, P.O. Box 1111, Grants Pass, Oregon 97526.

California

The lower Klamath is never far from a road, and the Middle Eel has a railroad beside it most of the way. However, both streams provide good, challenging runs of two to three days in attractive canyons hemmed in by steep hills. The swift, tricky Stanislaus, with more than its share of raging cascades, still flows through a pure wilderness canyon in the gold country of the Sierra Nevada, but it won't much longer. Its last untamed stretch of 15 miles or so will be stilled when the New Melones Dam, now under construction, is completed.

The pioneer guide on these streams is Bryce Whitmore, Wilderness Water Ways, 4 Live Oak Circle, El Sobrante, Calif. 94803.

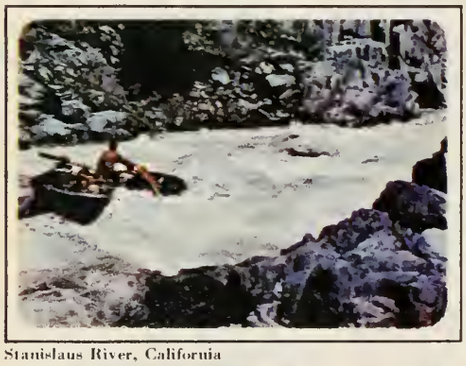
Wilderness World, an organization that conducts river trips all over the world, has an especially active 1971 schedule on California's Stanislaus. This outfit also schedules trips on the Klamath and on Oregon's Rogue River. Write 1342 Jewell Avenue, Pacific Grove, Calif. 93950.

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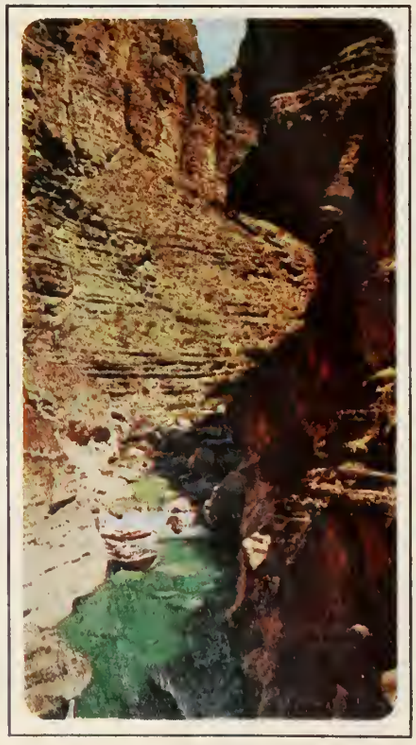


Stanislaus River, California

Photographs: Martin Litton and Clyde Childress



Stanislaus River, California





Kanab Creek, Grand Canyon

Havasu Creek, Grand Canyon

The Sacramento River is not often thought of as a wild stream, yet much of its course between Redding and Colusa is away from the sights and sounds of civilization, and often it's walled in by tall cotton woods thickly curtained with wild grape vines. For a large river exposed to a good deal of human enterprise, it is remarkably clean, and you can run it yourself on just about anything that will float. Don't try to cover the whole thing at one time. Without a motor, it would take a week.

The Green River

The Colorado River and its principal tributary, the Green, are in a class by themselves. Here are the biggest boatable rapids in the world, in colorful, precipitous scenery that has to be seen to be believed.

On the Utah-Colorado border just south of Wyoming, the Green River flows southward from Flaming Gorge National Recreation Area through the stunning red Canyon of Lodore. It's joined by the lovely Yampa, which alternately hurries and dawdles in meandering vales and gorges between smooth overhanging cliffs of pale Weber sandstone. Echo Park, the rivers' meeting place, gained wide attention during the bitter and at least temporarily successful fight to eliminate Split Mountain and Echo Park dams from the Reclamation Bureau's controversial Upper Colorado Basin Project.

Below the walled-in flats of Echo Park, the Green enters Whirlpool Canyon, winds peacefully through Island Park and Rainbow Park, and finally tumbles through Split Mountain in half a dozen boisterous rapids. You can choose from a variety of raft trips of one to six days, beginning either at the Gates of Lodore on the Green, or Deerlodge Park on the Yampa. One and two-day trips begin at Echo and Rainbow parks. With especially delightful exploring and camping, the Yampa float is possibly the very best of all choices for a family's first major river trip. Get tour information from the Superintendent, Dinosaur National Monument, Dinosaur, Colo., or the Utah Travel Council, Council Hall, Capitol Hill, Salt Lake City, Utah 84114.

The most remote and least frequented section of the Green River is south of Dinosaur National Monument, between the Utah towns of Ouray and Green River. The thing most likely to shake your faith in the judgment of pioneer river explorer John Wesley Powell is that he named the sylvan heart of this majestic region The Canyon of Desolation. There is one drawback: Mosquitos are worse in this stretch than anywhere else in the Colorado system. But there is plenty of compensation, if only in the sense of proprietorship you feel as you

drift along day after day with the woods, wildlife, riffles, clear side streams, deserted pioneer ranches, and noble cliffs, spires and arches all to yourself. With sound preparation, you can do this on your own, in a week. To go with a conducted group, join one of the outings of the Sierra Club, 1050 Mills Tower, San Francisco, Calif. 94104.

The Mighty Colorado

The placid Green oxbows its way through rising flat-topped terrain to join the Colorado in Canyonlands National Park. Upstream from the confluence, both rivers are calm enough for ordinary canoes. In fact, you can rent canoes for ten days or so of lazy cruising down the Green, and then be met by a powerboat for the shorter run back up the Colorado to U.S. Highway 6 at Moab. Downstream from the confluence is Cataract Canyon, no place to be without expert guidance.

Upstream from the confluence, part of the Colorado's canyon is scarred by a highway from Moab to a potash mine on the north bank. Although some mining roads do reach and parallel the Green River in places, its winding course through Labyrinth and Stillwater canyons is much longer than that of the Colorado in Canyonlands National Park and it makes a better trip. For further information, write the Superintendent, Canyonlands National Park, Moab, Utah.

The Grand Canyon

The Colorado's current dies in Cataract Canyon, where dead and dying treetops projecting above the water indicate the upper limits of Lake Powell. Below Glen Canyon Dam, 185 miles downstream, the water discharged from the power plant flows freely through the Grand Canyon until it reaches the doldrums of upper Lake Mead, which extends into the lower end of the Canyon for 40 miles. The river's course through the Grand Canyon measures 280 miles, but you go another 32 miles down Lake Mead before you come to the landing at Temple Bar.

You simply do not go through the Grand Canyon without knowledge and skill. The National Park Service, which controls the steadily growing river traffic there, is extremely reluctant to issue a permit to anyone who has not experienced the Grand Canyon's unique hazards by going through at least once with a seasoned guide.

It is the longest wilderness waterway in the world, and its total challenge to the

Continued



Mile 21½, Grand Canyon of the Colorado

boater amounts to at least the sum of the problems presented by all the rest of American white water combined. At river level, the Canyon is exceedingly rocky, thorny, hot in summer, and sometimes so windy you can't see for flying spray and sand. Good campsites are few and heavily used. The rapids, to the first-timer at least, are fearsome to hear, see and run. Yet often the people who are quick to speak of the inner Grand Canyon as a hostile environment return to its churning brown river again and again. Spend two or three weeks in its shadowy gorges and you, too, may be captivated once and for all.

Many tour operators take passengers through the Grand Canyon; some 9000 people rode the river last season. All of the commercial guide outfits except one use inflated rafts. You can hasten through the Canyon on a bulging "baloney boat" in as little as 8½ days, for $300 or more, depending on which operator you choose. Get a list of names and addresses from the Superintendent, Grand Canyon National Park, Grand Canyon, Ariz., and then send for their descriptive literature.

Available to the public for the first time this year will be 19-day trips in the decked-over, unsinkable dories that have become well known through Sierra Club films and publications. You can ride every rapid in these spirited rowboats, which will be taking small parties on leisurely 19-day cruises through the Grand Canyon from May through October. For complete information, write to Grand Canyon Dories, P.O. Box 99123, San Francisco, Calif. 94109.

The only other completely motorless operation, using small (10-man) rafts, is Gooch-Wendt Expeditions, 1310 20th Street, Santa Monica, Calif. 90404.

The Grand Canyon voyage is without question the trip of a lifetime, so make your choice carefully. For one thing, you will miss the secluded natural wonders away from the river if you don't have time to hike to them. And the binoculars you take along won't be of much use if you're on a craft so crowded and noisy it scares the wildlife away.

Photograph: Martin Litton



Colorado River, Grand Canyon

Better Homes and Gardens

WESTERN TRAVEL DIRECTORY

Sara Pacher, Western Travel Editor

Photograph: J. Santana



San Francisco's new ferry service

"Congratulations! By riding this ferry today you have done your part to make the air cleaner for all of us."

So reads a leaflet distributed at the ferry station in San Francisco. The Golden Gate Bridge Transportation District has recently revived ferry service between Sausalito and San Francisco, after causing its demise with the completion of the Golden Gate Bridge some 30 years ago. Eventually, though, they realized that one way to reduce traffic jams on the overloaded bridge would be a passenger ferryboat—and the commuters are delighted with it.

You will be, too. In half an hour, the ferry brings you across the Bay to Sausalito, where you may shop, browse and have a good meal at one of the excellent waterside restaurants before returning to the city.

The boat leaves the Ferry Building at the bottom of Market Street, heads out into the Bay not far from the Oakland Bay Bridge, then turns northwest along the big piers where you'll see big ocean liners and Navy ships moored. The view of the city is everchanging as the boat moves across the waters, passing forbidding Alcatraz Island currents. The usually rough waters and wind cause spray, so take a windbreaker or coat along.

One-way fare is 50 cents for adults, 25 cents for youngsters. There is snack bar service on morning runs, bar service on afternoon runs.

For information on the ferry's schedule, call 415-982-8833.

Apache Trail wild flowers

From March to May, the deserts and hillsides of Arizona teem with wild flowers, creating a show of color that's worth a special trip. Even in dry winters, localized showers bring out islands of color on the desert floor. You'll see poppies, buttercups, lotus, shooting stars, lupines, mallows, delphiniums and many others.

One of the best ways to see this display is by driving the world-famous Apache Trail, which winds through gorgeous mountain scenery along the reservoirs of the Salt River.

Go east from Phoenix on Highway 60 to Apache Junction, where the trail begins. Then drive northeast on Route 88. After you pass Canyon Lake and the little town of Tortilla Flat, the paved highway turns into a gravel road.

If you're a "flatlander," you might find the going down Fishcreek Hill a little scary, but otherwise it's a fairly easy drive that takes you past Apache Lake to the Theodore Roosevelt

Continued

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Dam with its 25-mile lake. Just east of the dam, you'll find the Tonto National Monument, an area of well-preserved prehistoric cliff dwellings. Highway 88 is paved from here on, and loops back to rejoin Highway 60 for your trip back into Phoenix.

Should you miss the wildflower display in this section of Arizona, you can catch it a little later in the higher deserts around the Tucson area.

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"The San Francisco Exper ence" begins every 45 minute from 11:15 a.m. on. Admissio prices are: $1.50 for adult $1 for children 12-16; 75c fo children 6-11. Children unde six are admitted free when ac companied by an adult.

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of man's favorite retreats for 20,000 years. North America's earliest known resident, the Sandia Man, lived here in mountainside caves while he hunted for bison, mastodon and mammoth. Eight or nine thousand years ago, the prehistoric Folsom Man called these lofty, pine-forested peaks home.

The Spanish under Coronado came here in the early 1500s looking for the fabled Seven Cities of Gold. They found no cities, but discovered 20 Indian pueblos in the immediate vicinity. Eleven such pueblos are still inhabited today.

It was the Spanish who gave the mountain its name. Seeing the red glow of sunset on the pink granite cliffs of its precipitous western side, they called it Sandia—or "watermelon" in Spanish.

Today this famous landmark, which towers forbiddingly over the floor of the Rio Grande Valley, is Albuquerque's favorite playground.

The 2.7-mile-long Sandia Peak aerial tramway, one of the longest in the world, lifts you silently and swiftly over awesome spires and rugged canyons, once seen only by hunters and rock climbers. Between the second tower and the top, you'll skim across one and a half miles of clear, unsupported cable. A thousand feet below, you can spot deer and, if you have keen eyesight, the elusive Rocky Mountain bighorn sheep. The mountain is also the home of black bear, cougar, mountain lion, lynx, and antelope, but you'll be fortunate if you spot these residents. It's not unusual, however, to hear coyotes yelping in the evening around the lower tram terminal.

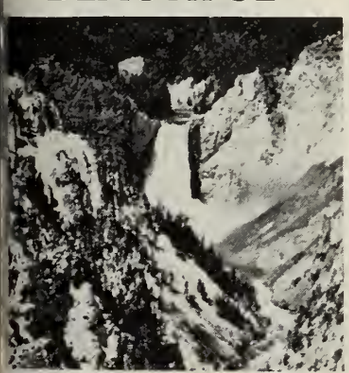
This ten- to fifteen-minute ride ends at the very top of Sandia Peak with an 11,000-square-mile panorama. It's especially impressive at night, when the lights of Albuquerque, Santa Fe, and Los Alamos sparkle on the valley floor.

You can dine at the Summit Restaurant, or, if you are a winter visitor, put on your skis, pick your run, beginner to expert, and plummet through the heavily wooded eastern slopes of the mountain to the Sandia Peak Ski Lodge. There are two chair lifts and three *poma* lifts to bring you up again.

As a testament to New Mexico's sunny, shirt-sleeve skiing, Sandia holds its annual ski-tennis tournament the second weekend in March. Couples play tennis in the morning in Albuquerque and ski in the af-

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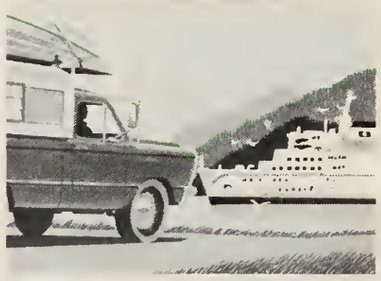
There also are weekend packages, including one night's lodging, meals, two days' use of lifts and transportation beginning at $64.60 from Seattle, $72.60 from Portland and $45.95 from Spokane.

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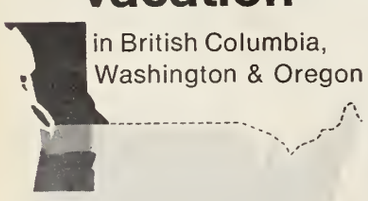
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The mountain, with its nine living glaciers, is one of the most frequently climbed peaks in the world. Even the casual hiker can spend an entire summer hiking trails on and around Mt. Hood, reveling in breathtaking views, tremendous canyons and the abundant wild mountain flowers. It's a special haven for campers and fishermen, too.

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A visit to the Lake Shasta Caverns is one of the best family side trips off Interstate 5 between Portland and San Francisco. Turn at Shasta Caverns Road 16 miles north of Redding, Calif. It's just two miles to the reception center. Tickets are $3.00 for adults and $1.50 for children under 12 years old

A catamaran called "The Cavern Queen" will take you on a 15-minute cruise across the blue waters of Lake Shasta. When you arrive at the other side, a small bus will transport you 800 winding feet up a mountainside with excellent scenic views of the area, as well as some dizzying vistas straight down.

Temperatures inside the limestone caverns are a cool and constant 58 degrees. Paved walkways and stairs bring you easily and safely from one beautiful chamber to another. The guided tours are unhurried and relaxed, giving you ample time to enjoy the colorful underground magic of crystal-studded stalactites and stalagmites, milky white flowstone and unusual and graceful forms of helictites.

Though open to the public for less than seven years, the caverns played a role in Indian legends of the region, and scientists find them excellent hunting grounds for fossils. You can still see the inscription left by the first white man to explore the cave in 1878.

At present, the most spectacular room open to the public is the almost 100-foot-high Cathedral Room with its 60-foot high yellow and white stone draperies. A new room discovered in 1964 may be open to the public for the first time this summer. Approximately 60 feet wide, 100 feet high and almost circular, the room contains all types of formations in many colors. One wall is 100 by 125 feet of solid flowstone, cascading down in a glistening white frozen waterfall. Remember to bring your camera. The caverns are very photogenic, and promise to get even better. They are still largely unexplored, and no doubt new rooms will be opened someday. ■

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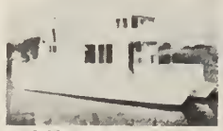
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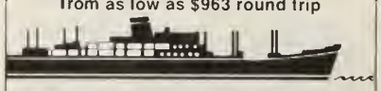
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Try the guitar for an ice-breaker



The guitar is more than just a social ice-breaker at parties—it's a musical ice-breaker, too. When Johnny has had it with music lessons for his violin or French horn, a guitar could be just the instrument to rekindle his interest in music—all music. **Music educators** know that children and instruments are mismatched occasionally. When this happens, any musical talent that's there is sidetracked if not permanently derailed. But introduce an instrument that's "in" with the group, and the response can be amazing.

Many parents and music teachers are beginning to realize that one of man's oldest musical instruments—the guitar—very often rekindles a child's enthusiasm for self-made music. Once they're interested in a guitar, students go on to involvement with other instruments too—frequently with the ones they've rejected before.

The guitar is as much a part of today's younger generation as the ukulele was a part of the 1920s. Today's teens are so taken with the guitar that one of every three amateur teen-age musicians is a strummer.

The popularity of the guitar is going a long way toward changing the old-fashioned notion that the guitar is for show and not for acquiring the basics of music. Actually, the guitar is as versatile musically as the piano, and it also offers something many instruments don't, portability.

The guitar can provide all the basics needed for an excellent start in instrumental music. One of the easiest instruments to grasp (mentally and physically) the guitar can encourage a beginner or a "switcher" by letting him master some simple chords in a few lessons. Once he's actually creating music on the guitar, he'll feel a sense of accomplishment that quite often carries over to another instrument.

Schools across the country are recognizing the usefulness of the guitar in teaching music fundamentals. In some schools, pupils in the fourth and fifth grades are plunking tunes after a few lessons.

In Oceanside, New York, guitar instruction has been going on for several years in the seventh through twelfth grades. The program was initiated to teach music fundamentals, not necessarily guitar. A class in folk guitar is also very popular.

On the West Coast, the same kind of guitar programs are under way. In Los Angeles high schools, students play everything from jazz to classical music on their guitars.

The guitar scene is equally bright at the college level. Today 14 colleges and universities offer majors in classical guitar, which is becoming increasingly popular. Graduates often go into school music programs or teaching in studio operations.

Many people, however, think of "guitar" as the over-decibeled sounds of some rock groups. Although electrics can make more noise, they are not in the majority. Straights (or non-amplified guitars) outnumber the electrics by approximately three to one. Amplifiers are also being softened, and young guitarists are becoming more sophisticated. The result: some amazing and musically true amplified music from guitars.

A great drawing card for the guitar is the social aspect of this versatile instrument. Teens and sub-teens find that guitar playing is an easy route to enhancing and increasing friendships. Whereas 10 to 15 years ago teens at a party or get-together turned on the phonograph, nowadays doing your own thing involves making your own music—and the guitar is the teen choice.

Even learning to play the guitar can be a social experience today with the modern emphasis on group instruction. And for the sub-teens, group instruction offers other advantages. Children generally overcome shyness in short order and profit by each other's accomplishments. Also, children are already used to group instruction methods because of their regular school classes and are able to transfer their experiences to mastering music.

There are very few youngsters who drop out of group guitar classes, and students even practice without prodding—a welcome surprise for mother. Instead of approaching lessons with grim resignation, students look forward to a challenging and rewarding experience. Music—that's more than half the battle! ■

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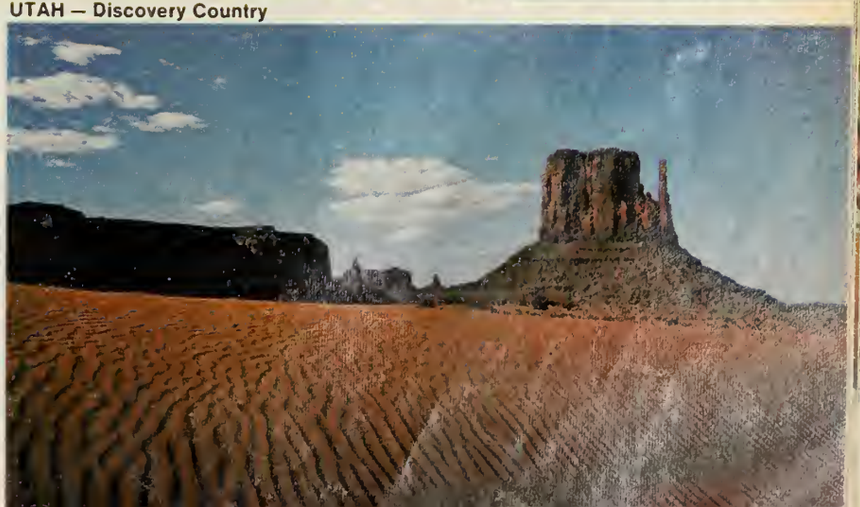
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Desserts from the oven

Desserts that take care of themselves are the best ki
These three warm-from-the-oven treats do just that. Y
can bake them in the afternoon or while you're having dinn

Graham Cracker Prune Pudding

*Whipped cream, dessert topping or vanilla ice cream will n
atop the warm pudding—*

1 cup snipped prunes
• • •
¼ cup shortening
⅓ cup sugar
1 teaspoon vanilla
1 egg yolk
¼ cup chopped walnuts
2 cups fine graham cracker crumbs
1 teaspoon baking powder
¼ teaspoon salt
⅔ cup milk
1 stiff-beaten egg white
Whipped cream

Cover prunes with boiling water; let stand till cool. Dra
In small mixing bowl, cream together shortening, sugar a
vanilla; add egg yolk, beating well. Stir in drained pru
and walnuts. Mix together crumbs, baking powder and sa
Add to creamed mixture alternately with milk. Fold in e
white. Fill six greased custard cups. Bake in 350° oven for
minutes. Serve warm with whipped cream. Makes 6 servin

Baked Apples with Whipped Cheddar Cheese

You'll like the topping on apple pie, too

6 large baking apples
¾ cup raisins
1 tablespoon butter or margarine
1 cup sugar
1 cup water
2 ounces (½ cup) shredded natural cheddar cheese
1 tablespoon milk
1 3-ounce package cream cheese, softened

Core apples and pare strip from top of each. Place in baki
dish. In center of each apple, place 2 tablespoons raisins a
½ teaspoon butter or margarine. In saucepan, combine sug
and water; bring to boiling. Pour syrup over apples; bak
uncovered, in 350° oven about 1 hour, basting occasional
with syrup. Serve with *Whipped Cheddar Cheese:* Have che
dar cheese at room temperature. Beat milk into soften
cream cheese till fluffy. Stir in shredded cheese till mixtu
is blended. Makes 6 servings.

Spicy Marble Squares

*Banana slices go onto the warm cake and are broiled with
coconut topper—*

¾ cup granulated sugar
½ cup shortening
1 egg
2 cups sifted all-purpose flour
2 teaspoons baking powder
½ teaspoon salt
¾ cup milk
2 tablespoons light molasses
½ teaspoon ground cinnamo
¼ teaspoon ground nutmeg
⅛ teaspoon ground cloves
• • •
2 bananas
6 tablespoons butter or margarine, softened
½ cup brown sugar
3 tablespoons milk
1 cup flaked coconut

In mixing bowl, cream together granulated sugar and shor
ening. Add egg; beat well. Sift together flour, baking powd
and salt. Add to creamed mixture alternately with the
cup milk, beating well after each addition. Divide batt
in half. To one half, add molasses, cinnamon, nutmeg an
cloves; mix well. Spoon spiced and plain batters alternatel
into greased 9x9x2-inch baking pan. Zigzag spatula throug
batter to marble. Bake in 350° oven for 30 to 35 minutes
till cake tests done. Slice bananas diagonally ¼ inch thick
Arrange in single layer atop warm cake. Combine soft
ened butter or margarine, brown sugar and the remainin
milk; stir in coconut. Spoon over bananas. Boil 3 to 4 inche
from heat for 4 to 5 minutes. Makes 8 or 9 servings.



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Cheese Fondue

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CHEESE FONDUE

1/2 cup milk
1/4 cup white wine
1/2 teaspoon Worcestershire sauce
1/4 teaspoon dry mustard
Dash white pepper
1 cup BEST FOODS® Real Mayonnaise
2 cups shredded Cheddar cheese
French bread, cut into bite-size pieces

Mix together milk, wine, Worcestershire sauce, mustard, pepper, Real Mayonnaise and cheese in 2-quart saucepan. Cook over low heat, stirring occasionally, about 20 minutes or until cheese is melted and mixture is hot. Pour into fondue pot or chafing dish. To serve: Place chunks of French bread on fondue forks or on wooden picks and dip in Cheese Fondue. Makes 2 cups.

Cheese Fondue with milk: Prepare Cheese Fondue as directed using 3/4 cup milk and omitting wine.



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Best Foods, a Division of CPC International Inc. CPC International

Be your own greengrocer

By Jacqueline Heriteau Hunter



Nothing can match the flavor of homegrown vegetables—so start digging! Here are ten most-likely-to-succeed vegetables, all suitable for small areas. Grow them in rich soil and space plants as packet directs.

Asparagus. Once established, asparagus will produce well for a decade or more with little maintenance. For best results plant a rust-resistant variety such as Mary Washington. Choose sturdy two-year-old nursery-grown crowns with large buds, and let the plants build up strength the first year. Then harvest two weeks the second year, the third season up until June 1, and until the middle of June after that. When spears reach six to eight inches, pick daily, snapping off at ground level. At end of harvest, let the spears soar into feathery ferns to store energy in crowns for next season's production.

Bush snap beans. These are easy to grow and are available in many disease-resistant varieties. Bush beans need no staking and mature a crop in seven weeks. To insure ample yield over a long period, keep new beans picked as soon as they reach six or seven inches. For a summer-long harvest, sow one row as soon as weather warms and another about three or four weeks later—and up to July 15 for a fall crop. Avoid disturbing bean plants when foliage is wet—you may spread disease spores.

Beets. Sow two packets. In early spring, sow an early variety that will be ready in 45 days. In early summer, sow a late variety to provide baby beets and greens for summer's end and a mature crop to dig for fall. Beets are best when three inches in diameter. Harvest leaves as required, but leave enough to nourish each plant.

Brussels sprouts. Sow seeds directly in the ground outdoors in late spring and harvest through the fall. Buds form in axils of the leaves along the central stem with lower ones maturing first. When the lower sprouts approach one and a half inches in diameter, watch lowest leaves for first indication of yellowing. Then break off these leaves and remove sprouts to capture the most delicate flavor.

Cucumbers. They're popular for pickling and salad makings. Pick as soon as the cucumbers reach five inches and they'll produce generously over a long period. You can expect the first picking in eight or nine weeks. Select wilt- and mosaic-resistant varieties—black-spined ones if you want them for pickling, and white-spined for summer feasting. Seed is usually sown when the soil warms in spring, but you can get an early start by sowing some seeds indoors a couple of weeks before the usual time for outdoor sowing. Use two seeds to a three-inch pot. Select strongest seedling and cut off the weaker one. Plant pot and all when soil warms. To minimize pest problems, avoid planting in the same spot each year.

Lettuce. To fill the salad bowl from spring through fall, plant early leaf and loose-headed types of lettuce as soon as frost is out of the ground. You can expect a crop in 40 days with lots of thinnings, which can be used for early salads and to cook as "spinach." At the same time, plant crisp romaine (or cos lettuce) and it will be ready when early types are gone, or bolt in summer heat. Sow a row of the early type in late summer for fall crop.

Parsnips. These delicious vegetables need a long growing season, but you can dig them until the ground is hardened by frosts. The remainder of the roots can be left in the ground for early spring use. Parsnips are hardy, and their flavor is sweeter in spring. Seed germinates slowly so mark the row for identification by mixing in fast-germinating radish seed for a two-crop row. Radishes mature quickly and will be used up while the parsnips are still small.

New Zealand spinach. Garden-fresh spinach is a delight. This variety tolerates warmer weather than the ordinary kind. You can pick tender tips all season until the first frosts hit. New Zealand spinach is less particular about soil than true spinach and needs less washing. Midspring is the time to plant, but first soak seed for 48 hours. You can harvest in about ten weeks.

Squash. Zucchini is the tastiest of the summer squashes. It can be baked, boiled, broiled, stewed with other vegetables, used as a raw dip stick or chopped into salads—and leftovers freeze well. Sow seed at bean-planting time. Expect first picking in about six weeks. You'll get lavish production until frost if you keep picking all fruits as soon as they're five inches long. Butternut is the sweetest of the fall squashes and it keeps for months if stored in a dry room at 45 to 50 degrees. Plant between tall vegetables, such as Brussels sprouts, to shade the ground, keep down weeds, and conserve space. Cut fruits in fall with two inches of stems attached for storage. They make a great pie.

Tomatoes. These are expensive to buy even in season. With small effort on your part, your plants will produce a large continuous crop until frost. You can gather mature green fruit before a hard freeze and they'll ripen indoors. Dark green ones make a good relish and piccalilli. For early fruits to use in salads, grow cherry tomatoes in containers. The main crop of standard tomatoes will be ready after midsummer if you set out four to six plants (12 to 18 if you can or make juice) as soon as soil feels warm. Pink and yellow kinds are less acid than red ones. Staking the plants allows increased yield and conserves garden space. By each plant, set a 2x2 stake six feet long and drive it 18 inches into the ground. As stems grow during the season, tie them to the stakes. Keep plants picked of all ripe fruits. ■

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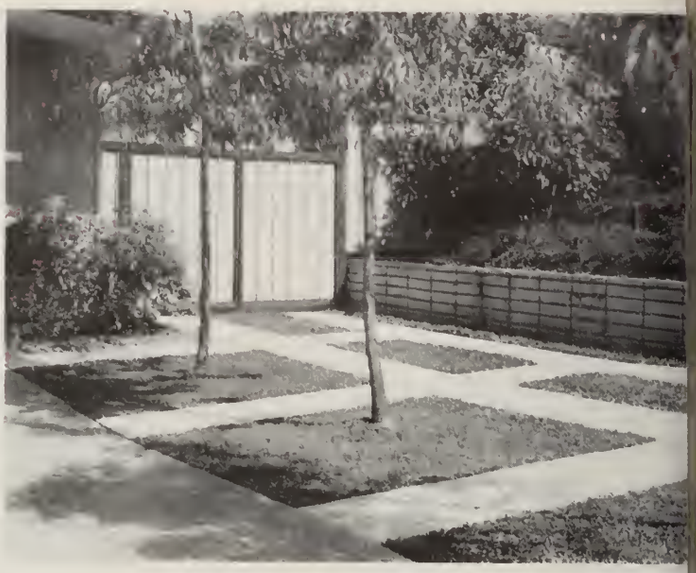
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Pennsylvania

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A well-designed driveway

If you're planning to build a new driveway or redo your o one, why not make it extra attractive as well as functiona This example provides some pointers.



When you look at the front yard above, your eye is ca tured by the symmetrical arrangement of greenery a walkways. Going almost unnoticed, however, is the careful camouflaged driveway concealed within the formal patte of squares and rectangles (below).

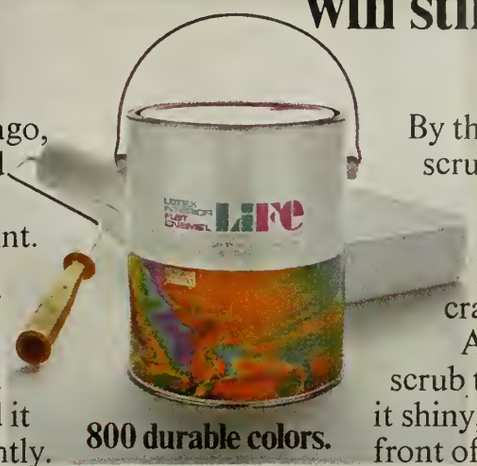
The driveway becomes an integral part of the patterne landscaping by doubling as borders for the ruffled patch of dichondra. To further the effect, the board-and-batte gate, which leads to the backyard, is color matched to t color scheme of the house. Behind the gate, a large concre parking pad provides an ideal spot to keep a boat or camp trailer out of sight.

When you're working out a design for your own driveway you might consider using materials other than concrete Asphalt or gravel, for example, can be used for an interestin texture effect; 2x4s placed alongside will add sharp definitio to your arrangement. For a really unusual treatment, co sider either cobblestones or bricks set in a bed of compacte sand and arranged in geometric patterns.

Photographs: Hedrich-Blessing. Landscape architect: William Kapranos. Source: Helen Heitkar



A scrub brush is a very durable thing. ut put one up against our new latex paint, and our new latex paint will still look like new.



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Not long ago, Wards created a new latex paint. Life Paint. It has all the ingredients of other latex paints, we just manufactured it a little differently.

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By the time you've finally scrubbed the mark off, you've scrubbed a shiny spot on. (Which looks worse than the crayon mark.)

And unless you want to scrub the whole wall to make it shiny, you live with spots in front of your eyes until you can repaint.

The problem is, all flat latex paints dry to form a protective coating. When you scrub the wall you polish the coating. The more you scrub, the shinier it gets.

But because we made the coating in Life Paint slightly tougher, we expected it to resist slightly longer.

Slightly longer.

1,824 scrubbings later the coating was still not polished. The paint looked like new.

The scrub brushes were another matter. Apparently they just don't make them like they used to. But then, we don't make latex paint the way we used to.

It's finally cleanable.

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And drying quickly.

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Shrimp specials

Ever-popular shrimp will make a special hit in these two m dishes. You make each one with a green vegetable.



Photographs: Photograph

Shrimp and Green Bean Bake

The perfect dish to serve for a light dinner—

- 1 4½-ounce can (about 1 cup) shrimp, drained
- 1 9-ounce package frozen French-style green beans
- 1 can condensed cream of celery soup
- 2 tablespoons snipped parsley
- 1 teaspoon lemon juice
- ¼ teaspoon grated lemon pe
- 2 ounces process American cheese, shredded (½ cup)

Thoroughly rinse shrimp. Cook green beans according to pack directions, omitting the salt; drain thoroughly. Place beans shallow 1-quart baking dish. Cover with shrimp. Combine so parsley, lemon juice and peel; pour over shrimp. Cover and b in 350° oven for 15 minutes. Uncover and top with cheese. Sp kle with a little paprika and bake 5 to 10 minutes more or till and cheese is melted. Makes 4 to 5 servings.



Shrimp a la Rockefeller

An elegant menu choice for your next luncheon—

- 4 tablespoons butter or margarine
- 1 teaspoon celery seed
- 1 teaspoon worcestershire sauce
- ½ teaspoon salt
- 1 cup chopped lettuce
- ¼ cup chopped green onion
- 1 small clove garlic, minced
- 2 10-ounce packages frozen chopped spinach, thawed and drained
- 1 cup light cream
- 1 beaten egg
- 8 ounces cleaned, cooked shrimp
- 2 tablespoons butter or margarine
- ¼ cup fine dry bread crumbs
- ¼ cup grated parmesan chee

In medium saucepan, combine the 4 tablespoons butter or m garine, the celery seed, worcestershire, and salt. Stir in lettu green onion, and garlic; simmer, covered, 2 to 3 minutes. Add spinach, the cream, and beaten egg. Cook and stir till mixt begins to simmer. Divide *half* the shrimp among four individ casseroles or 8-ounce baking shells. Add hot spinach mixtu top with remaining shrimp. Combine the 2 tablespoons mel butter, the bread crumbs, and cheese; sprinkle evenly over casseroles. Bake in 375° oven for 15 minutes or just till h Makes 4 servings.

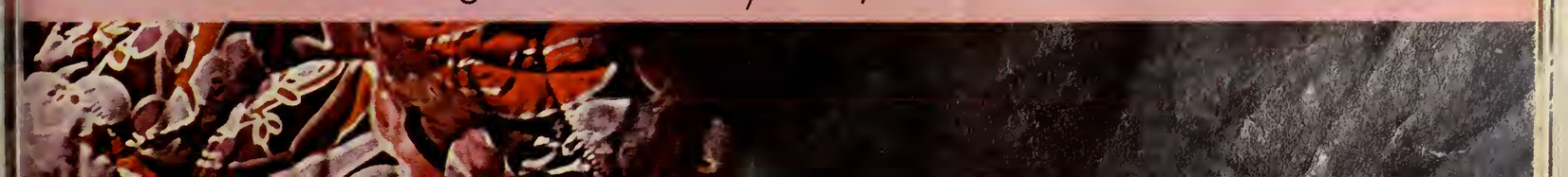


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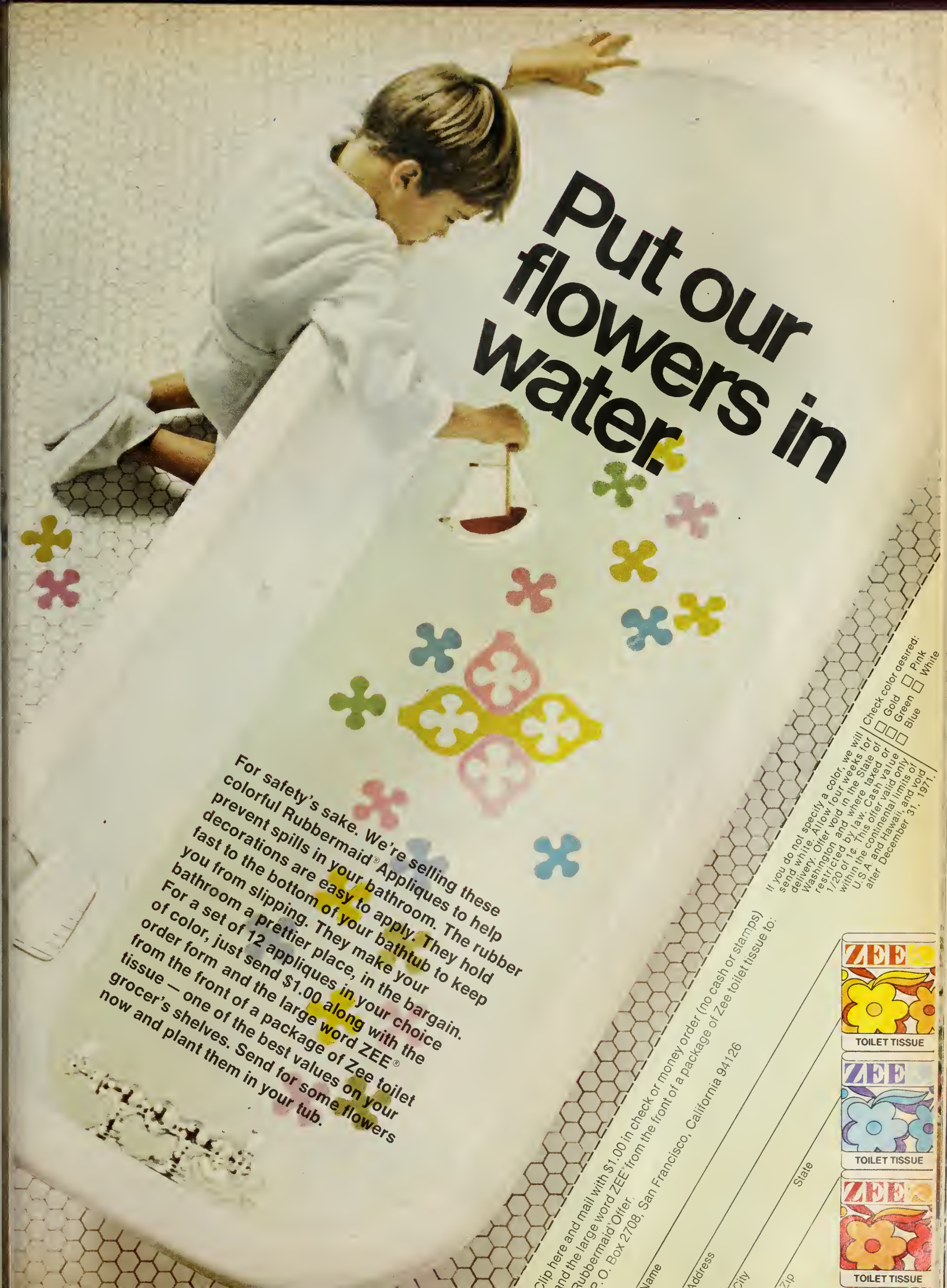
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Smart ways to buy meat

Cash in on your grocer's weekly meat specials. He sometimes uses low prices on a few items as a magnet to get you into the store. As the following examples show, his specials offer an excellent way for you to save money when you buy for your freezer or locker.

Beef Chuck Pot Roast

Usually the blade cuts of meat carry low price tags and are the best value. However, in some areas it may be the "California roast," which is really a blade pot roast without the blade bone and surrounding meat. Most of the cuts have some boneless meat at one end which can be removed and still leave a pot roast large enough for the family. For variety, cut off the boneless meat and cook these pieces as individual Swiss steak, or cut into cubes for beef stew, stroganoff, or a favorite Chinese main dish.

Ground Beef

You can purchase ground beef, ground chuck, ground round, and in some markets, ground sirloin, all at different prices. For juiciness and flavor, your best buy is frequently the ground beef selling at the lowest price because it contains enough fat to give it a good cooked flavor.

Frankfurters, Sausage, and Table-ready Meats

These are all good values because there is no waste—every bite is edible—and there's something to suit every taste. Often you'll find that the *unsliced* varieties of luncheon meats are better values than their sliced counterparts.

Country-style Spareribs

You'll find them in most markets—they're meaty pieces from the blade end of the pork loin. When compared with the edible portions of meat on spareribs and back ribs, they are a very good value.

End-cut Pork Chops and Pork Roasts

The end cuts or first cuts, whether sold as roasts or chops, represent about half the weight of the pork loin. The retailer usually sells these cuts at cost. The remaining half, consisting of center chops, thus stands the cost of merchandising the whole loin. There is slightly more fat and bone in the blade and sirloin chops and roasts, but they will be just as tender as the center cuts. From the standpoint of cooked edible lean meat, the end cuts represent by far the best value. Buy several when on special and freeze.

Smoked Ham Half

The butt half of a smoked ham contains substantially more lean edible meat than the shank half. You can pay up to 15 cents a pound more for the butt half, and still end up with a lower net cost per pound for the boneless edible meat.

Rib Roast

Usually the first five ribs are divided into a three-rib roast and a two-rib roast. Both are good, but the three-rib roast has the edge since it contains none of the cap or cover meat. Consider buying several. Use them as they are, or for variety, ask the retailer to saw one of them into steaks. If you are planning an outdoor barbecue, ask your meatman to remove the "eye" from as many rib roasts as you'll need for the party and grind the lean meat from around the bones for immediate use or for the freezer. The "eyes" can be roasted on the rotisserie or cut into delmonico (rib eye) steaks for grilling over the coals.

Porterhouse, T-bone Steaks

When these steaks are on sale, buy a good supply. Then at home, remove the T-bone and cut each steak into three pieces: tail, tenderloin steak, and top loin steak. The top loin steak is also known as a Kansas City steak, New York cut steak, strip steak, and in many restaurants and clubs, it's called sirloin steak. Package the meat so you can serve tenderloin steaks for one meal, top loin steaks for another meal, and the tail pieces (braised or stewed) for still a third.

Sirloin Steaks

Buy several when on special. Remove the bone and cut the remaining boneless meat into individual portions. Wrap enough portions in each package for one meal and freeze.

Wrapping Suggestion

Before putting meat in the freezer, wrap it in moisture-vapor-proof material such as foil and eliminate as much air in the package as possible. Label each package with contents, weight and date.

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Cheese specials

Tantalizing flavor—that's what cheese can add to your main dishes. Many cheese varieties are available, from mild to nippy; some cheeses come ready-shredded to save you time. We've gathered some especially tempting recipes here.



Photographs: Photography, Inc.

Tangy Tuna

Tuna and tangy cheese in cream sauce—a zesty combination that's also good over toast or biscuits—

- 3 tablespoons butter or margarine
- 3 tablespoons all-purpose flour
- 1¾ cups milk
- ½ teaspoon worcestershire sauce
- ¼ teaspoon salt
- ⅛ teaspoon pepper
- ⅓ cup grated parmesan and romano cheese
- 1 6½- or 7-ounce can tuna, drained
- 2 tablespoons chopped pimiento
- 6 patty shells

Melt butter or margarine in saucepan. Stir in flour. Add milk, worcestershire sauce, salt, and pepper. Cook over medium heat, stirring constantly, till mixture is thick and bubbly. Cook 1 minute more. Stir in grated cheese. Cook over low heat till cheese melts, about 1 minute. Add tuna and pimiento; heat through. Place heated patty shells on serving plates; spoon in tuna mixture. Makes 6 servings.



Swiss Cheese Bake

An easy-to-make supper dish—richly flavored with deviled ham and Swiss cheese—

- 4 ounces process Swiss cheese, shredded (1 cup)
- 1 4½-ounce can deviled ham
- 1 tablespoon prepared mustard
- 8 slices bread, toasted

• • •

- 2 cups milk
- 4 slightly beaten eggs
- 1 teaspoon sesame seed

Mix Swiss cheese, deviled ham, and mustard. Spread mixture on four slices of toast, using approximately ½ cup for each slice. Top with remaining four slices of toast. Quarter sandwiches diagonally; arrange in three rows in 10x6x1½-inch baking dish, standing *crust side down*. Beat together milk and eggs; pour over sandwiches. Sprinkle sesame seed over top. Bake in a moderate oven (325°) for 50 to 55 minutes. Makes 5 or 6 servings.



Corn Rarebit

Corn and tomato juice make this an extra-special rarebit—and toaster-style corn muffins double the good corn flavor—

- ½ cup chopped green pepper
- 2 tablespoons chopped onion
- 2 tablespoons butter or margarine
- 1 tablespoon all-purpose flour
- ¼ teaspoon chili powder
- 1 cup tomato juice
- 1 8-ounce can (1 cup) whole kernel corn, drained
- 4 ounces process American cheese, shredded (1 cup)
- ½ cup sliced ripe olives

• • •

- 4 toaster-style corn muffins, toasted

In saucepan, cook green pepper and onion in butter or margarine till tender but not brown. Blend in flour and chili powder. Stir in tomato juice and corn, blending well. Cook, stirring constantly, till thickened. Stir in shredded cheese and olives; cook and stir over low heat till cheese melts. Serve on toasted corn muffins. Makes 4 servings.

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Projects You Can Build For The Home



3710-12 Recreation room bar



3607-9 Bunk bed and storage



3609-1 Sewing center with roll-out desk



3708-5 Rec-room furniture and storage



3806-1 Garden chaise-bench-table

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Banner Bathrooms

The compact size of the average bathroom needn't suppress your imagination or limit your decorative efforts. You can easily achieve a great many handsome effects. Experiment with a wide variety of tools: mirrors, decorative tile, a distinctive wallpaper or fabric pattern, unusual lighting fixtures and accessories and, perhaps, a touch of greenery. Even your choice of towels can make a decorative point. This good-looking trio of baths is convincing evidence of how much personality you can pack into one small room.



Photograph: Hedrich-Blessing. Source: Lois Rea

Top: Latticework panels over mirrored walls and ceiling give this tiny bath the quaint look of an old-fashioned garden. Panels were constructed of lattice molding and attached with magnetic catches. To clean the mirrors, simply lift out the individual panels, then snap back into place. Cabinet base was faced with 1x2 strips and painted a soft green. Two picture frame lights, installed below lavatory counter, illuminate green onyx top for a translucent glow.



Photograph: Reynolds. Designer: Dayton's. Source: Barbara Gorder

Center: Don't be fooled by the country charm of this his 'n her bath. It's filled with 20th century efficiency. Overscaled wallpaper pattern in turquoise and brown sets the color scheme which is echoed in shag carpet and wooden cabinets. Placed at right angles, the double vanity accommodates two people within a small area, minus customary confusion. Funnel-shaped copper light fixtures support the rustic look as does the copper container with its dried arrangement.



Photograph: Reynolds. Decorator: David Peterson. Source: Barbara Gorder

Below: A counter top and backsplash of mosaic tile inspired this unusual bath. The homeowner/artist put her talented brush to work and created a series of trompe l'oeil panels for cabinet door fronts. (To get a similar effect, use a trompe l'oeil wallpaper design.) Tasseled valance was hand-painted at ceiling level for another dimensional effect. The lighting is artful too: a matching pair of china-based lamps placed on matching wall-hung wooden shelves.

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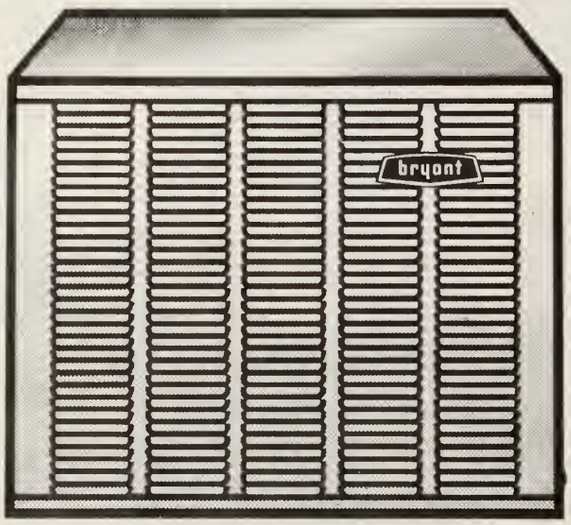
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Here's a plan thieves don't like

Home burglaries in 31 Southern California communities have been reduced dramatically by a simple, inexpensive plan which you can help get started in your own town. The plan works like this:

- Engrave your driver's license number on your valuable possessions that burglars find most appealing—television sets, radios, stereos, tape recorders, bicycles, cameras, typewriters, electric tools, jewelry, musical instruments.
- Then, put stickers on your home's front door and windows in obvious places advising potential thieves that "all items of value on these premises have been marked for ready identification by law enforcement agencies."

This helps foil a thief in three ways. First, if he is stopped by police with the marked items in his possession, he cannot plead convincingly that they are his own. Second, your possessions now are easily identifiable which means "fences" who buy and resell stolen property are cool to the items—the thief gets stuck with the goods when what he really wanted was money. Third, the stickers may discourage a thief from even breaking in at all.

The key to success is for a large number of citizens in a community or area to participate so thieves will know they are operating in dangerous territory.

Excellent results are possible

The "Operation Identification" brainstorm was originated in Monterey Park by its police chief, Everett F. Holland, in 1963. Since then, the plan has spread rapidly. The results are startling in Holladay's city (population: 50,000) where among 4,000 participating households, there have been only three burglaries since the program was initiated. In the 4,000 non-participating homes, there have been more than 300 burglaries. Ironically, homeowners are quick to join *after* they been victimized. "If we can get everybody to participate," Holladay says, "it looks as if we will have licked the burglary problem."

The program makes an excellent project for civic organizations. For example, in Monterey Park, the Exchange Club financed the drive—and so far its total investment is less than $300. The money was spent on a dozen etching tools with points that will work on all kinds of surfaces (about $25 each) and for printing the stickers. The tools are loaned by police to homeowners at no cost for three days at a time.

Numbers make it much easier to identify objects and track down rightful owners. Verbal descriptions are not nearly so efficient, as evidenced by police auctions across the country, where recovered stolen items are sold because ownership can't be established. The driver's license number probably is the best identification tag, even though it cannot in some states, because federal restrictions prohibit use of social security number to trace individuals.

Chief Holladay offers additional recommendations to help your community establish an anti-burglary program:

- Work to obtain widespread publicity in order to gain community support and discourage thieves.
- Instruct citizens to engrave the identification number on the nonremovable parts of the item, near the manufacturer's serial number if possible.
- Give each citizen a blank form so he can list all the engraved objects and the locations of the numbers.











you

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"How I got cleaner whiter teeth in just three weeks..."

Begins on page 38

lives to please himself. He'll eat to satisfy his appetite and regulate his intake to meet his body's demands.

Naturally, there is an exception to this rule. If your cat shares the house with another cat or dog, there may be competition for food. The cat soon learns that if he is to get his fair share he'll have to eat as much food as fast as he can. This develops into a habit and he'll soon eat whenever the opportunity arises. Don't let this problem develop. Make certain each pet has a dish of his own and learns that he is never to eat from the other's. You can remove temptation by placing the feeding dishes on opposite sides of the room.

All cats have different eating habits. Some eat all their food at once, others nibble and return. While you shouldn't cater to your pet's every whim, you should be aware of how he eats so you don't throw away food he was saving for a snack for later.

A self-feeding program can be a highly satisfactory means of keeping your cat well-nourished. All you have to do is provide your cat with a constant supply of food and water and allow him to gauge his own requirements. Many cats do well on this program, but a few have a tendency to overeat, especially those that share the house with another pet.

If you plan to use this self-feeding regimen, it's best to use soft-moist or dry food and start when your cat is a kitten. An older cat accustomed to a schedule eagerly awaits mealtime. Having constant access to food may lead him to eat all the time.

Adult cats don't need milk. Strange as it seems, some don't like it, others seem unable to digest it. However, if your cat does like milk, go ahead and give it to him. But don't think a bowl of milk is a substitute for a meal. It's not.

Special considerations

An orphaned or rejected kitten that isn't weaned presents a special problem. Cat's milk contains more than twice the protein of cow's milk, so cow's milk will fail as a substitute. Even human baby formulas don't have the nutrients needed to get a kitten through his first few weeks. Fortunately, your veterinarian will be able to supply you with a milk substitute formulated to furnish the same nutrients as the kitten's natural food.

A pregnant cat needs more food. If you can't have food available to her at all times, make a special point of offering her more at each scheduled feeding.

Lactation puts a tremendous burden on the nursing mother and she'll have a voracious appetite. Offer her cow's milk, or better yet, the same cat's milk substitute you'd give an orphaned kitten plus a little fresh meat, in addition to her normal balanced meal.

An older cat is less active than a younger animal, so he doesn't need as much food. But a long, active life will have established an appetite that's hard to curb. He may begin to put on extra weight. If you want to make his later years healthier and happier, cut his rations to suit his needs, despite his protests.

Spayed females and neutered males have a lower metabolic rate than reproductive animals. They're less energetic, so they burn fewer calories. Take this into consideration when you feed. While it's easy for the cat to put on excess weight, it will be hard for you to reverse the process.

Cats that go outdoors during

cold weather require more calories to maintain body temperature. The winter coat helps, but it's no substitute for the metabolic adjustment required. Some cats' appetites won't respond immediately to the change in season; after a short weight loss, though, they'll eat more at each meal until their weight stabilizes again. When the winter coat has completely grown in, the cat's appetite will decrease slightly. During the spring a similar lag takes place. He may put on weight before shedding is complete and his metabolism has adjusted to the warmer temperatures.

Hunting

What you feed a cat and how much has little effect on his enthusiasm for killing birds and/or catching mice. Hunting is an instinct and it is not directly related to hunger. While food is the end result of a stalk, the cat isn't really thinking about his stomach as he sneaks up on his prey.

The hunting instinct is stronger in some cats than others. One cat will go after a bird or animal right after a filling meal. Another cat may be half starved, but still not show any desire to hunt.

If you want your cat to be a proficient mouser, keep him well fed and in the prime of health. To stop your cat from killing birds, you may just have to keep him in the house. Punishment, no matter how severe or frequent, is unlikely to deter him. Collars with bells rarely work because most cats can learn to stalk their prey without ringing the bell.

Other things cats eat

According to an old wive's tale, when a dog or cat eats grass, it's a sure sign that he has worms. A lot of people still believe it. Actually, most cats eat grass whether they have worms or not. The reason is simply that they like it, further proof that they aren't "pure" carnivores.

Catnip is not a food but an herb that chemists refer to as an alkaloid. It has very dramatic effects on most cats, sending them on a euphoric "trip" that can be a beneficial outlet for pent-up energy.

Cats enjoy bones as much as dogs do. If you let your cat have bones, follow the same precautions you would for a dog. Don't offer poultry or any other small brittle bones. They may splinter. A large beef knuckle is best. As the cat tries to chew away the last remaining portions of meat, the bone will scrape his teeth and massage his gums, something he misses with a soft-food diet.

A few don'ts

Don't feed your cat dog food. His nutritional needs are different. A cat derives more of his body energy from protein than a dog does, so a balanced cat diet will have a greater proportion of protein in relation to other nutrients.

Don't feed your cat food directly from the refrigerator. Cats don't like cold food. If you serve canned food, feed it at room temperature. Most canned foods are available in small sizes so that all of it can be fed at one feeding with none left over to become stale.

Don't feed your cat soupy food. If you add milk or broth to make dry foods more appetizing, remember a cat's stomach capacity is limited. You want it filled with food, not water.

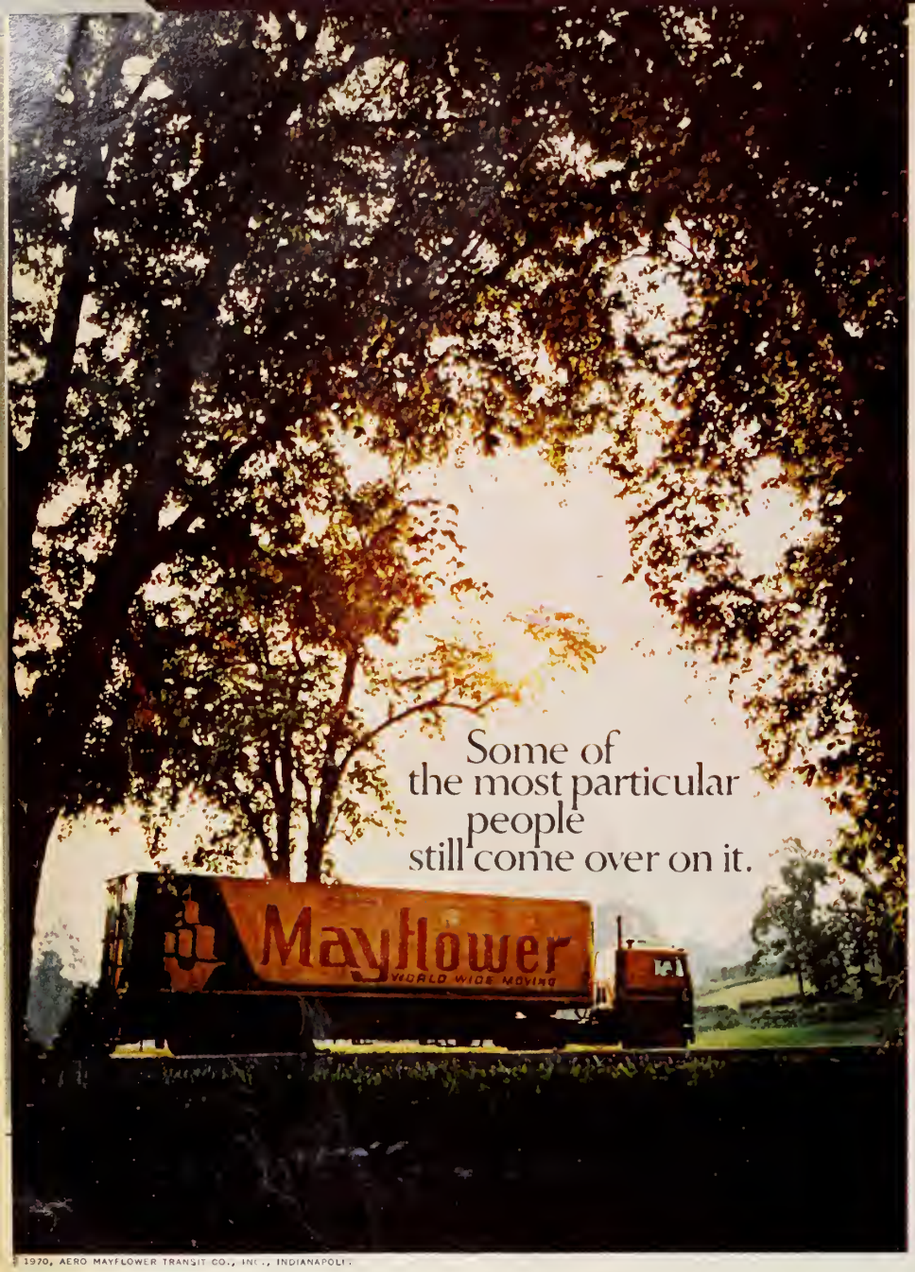
Don't add extra nutrients to your cat's diet unless instructed to do so by your veterinarian. To work properly, vitamins, minerals and other nutrients must be in proper balance. Too much of one may negate the beneficial effect of another.

Don't let your cat get fat. A healthy cat is lean and active, a natural athlete. If you're giving your pet a good complete food and he puts on extra weight, you're feeding him too much. Although a cat's waist isn't drawn in as a dog's is, it shouldn't droop below his chest. If his belly-line is parallel to his back, he's in good physical shape.

Don't forget that water is one of the most important parts of a balanced diet. Make certain that your cat has access to fresh water at all times.

While a cat is a rugged animal, he doesn't have nine lives. Poorly nourished, he will die, not suddenly, but slowly and painfully. Do your best to feed him properly so his one life will be long and happy. ■





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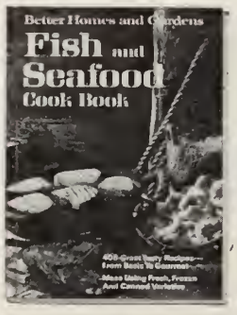
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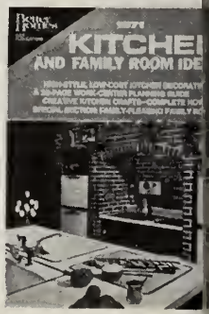
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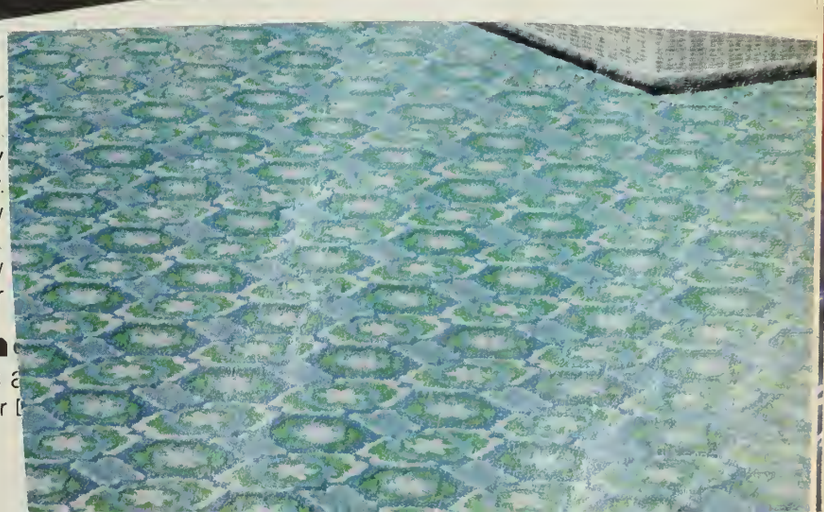


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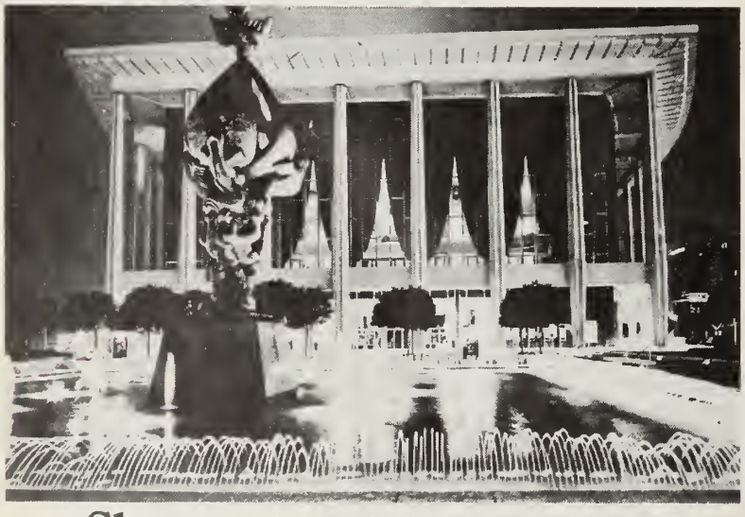
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Photo by Music Center Operating Company

Investing

Continued from page 24

• With 400 funds to choose from, the first step is to determine which type fits your objectives. The main categories are *Growth, Growth & Income, Income,* and *Balanced.* (The latter, which are similar to income funds, must keep a portion of their assets in bonds and preferred stocks.)

Always keep in mind that, in the stock market, risk and prospective reward are inescapably related. Broadly speaking, income funds are "defensive," and tend to hold up better in bad markets. Growth funds are "aggressive," and tend to rise more sharply in strong markets. For most younger people (assuming they have adequate savings and insurance), growth funds are preferable.

• Size is something else to consider. The funds range all the way from million dollar "minis" to giants of one billion dollars and up. Usually, there's a relationship between size and stability. Big price changes in a few stocks can have a dramatic impact on a small portfolio. Thus, the small, aggressive funds are best left to the venturesome.

The giant funds tend to offer the greatest relative stability, but bigness is not an unqualified blessing. It limits the fund manager's choice of investments to the nation's larger companies, and often prevents him from investing in small companies in the areas of dynamic growth. It also limits his mobility in the marketplace, since it's difficult to buy or sell huge holdings of a stock without affecting its price.

Yet this shouldn't deter you from buying one of the giants. It's simply a warning against being overly impressed (as many investors have been) by size alone, and a reminder that there's much to be said for a well-managed, medium-size fund.

• The overriding consideration is a fund's performance. Never judge this over a year or two. Instead, measure a five- or ten-year period.

How do you get this information? The handiest source is a reliable broker who's taken the trouble to study the mutual fund record (which many brokers *have not*).

Continued

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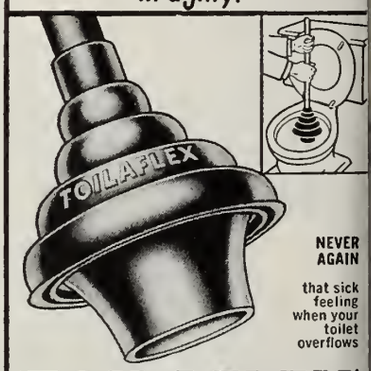
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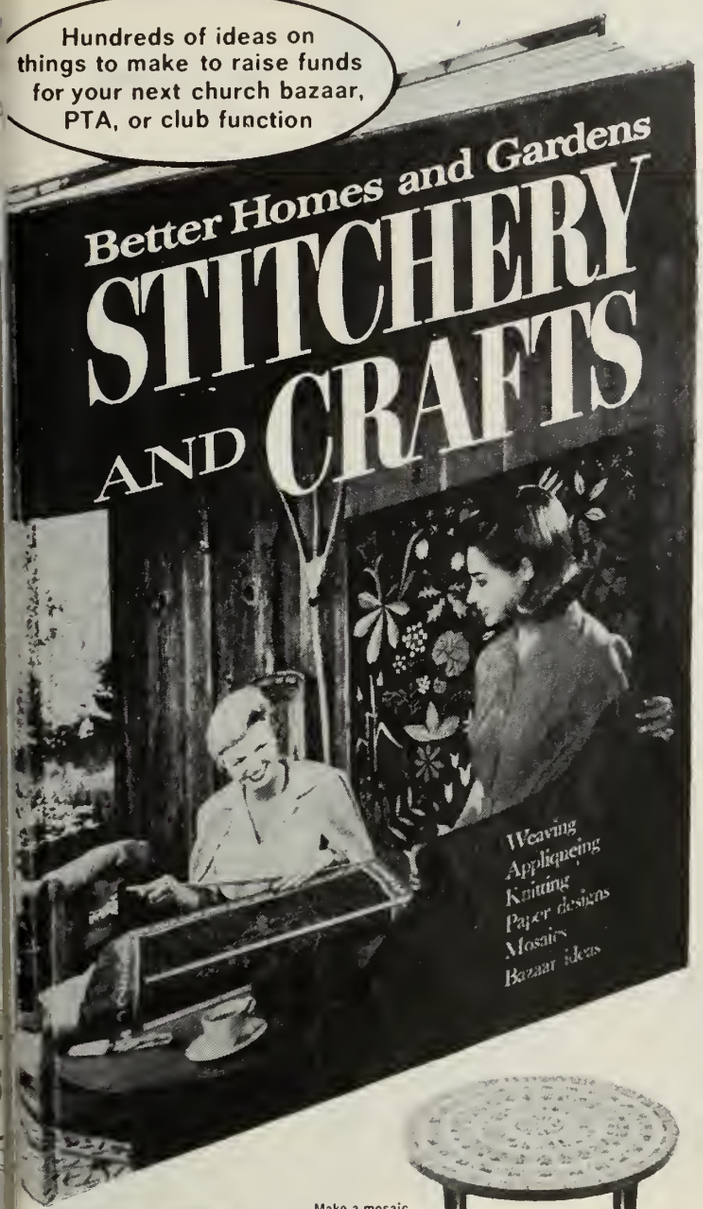
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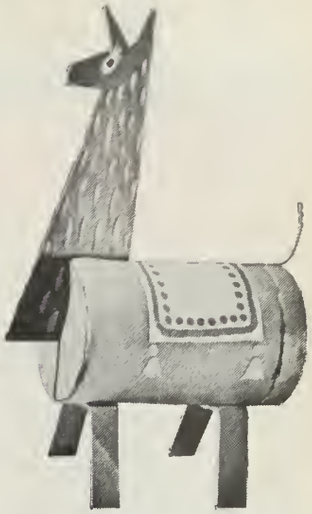
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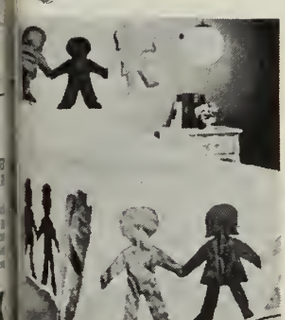
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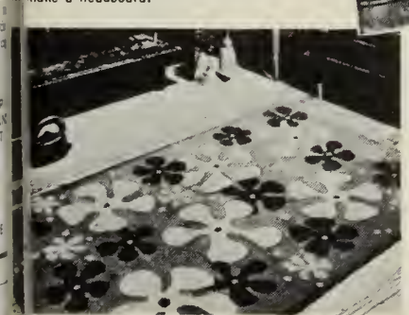
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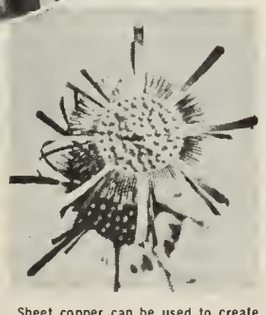


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bread appliqued with "paper dolls" enchant little girls. More dolls on make a headboard.



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Investing
Continued

Forbes magazine puts out issue a year (August 15) contains a comprehensive ture of mutual fund perf ance, with separate rating each fund's behavior in markets and down marke

Publications that speci in tracking mutual fund formance (annual rates in rentheses) include: *Funds* ($45); *Mutual Fund Rep* ($12); *Performance Guide lications* ($15); *United M Fund Selector* ($45); *Wi berger's Investment Co nies*, the annual "bible" o industry ($45). They ca obtained through Select I mation Exchange (Dept. 2095 Broadway, New Y N.Y. 10023, which issue comprehensive catalog o vestment services. Any you write to will send y free prospectus, from w you should be able to judg performance and invest objectives.

• Finally, there's the que of timing. Its importance be exaggerated. The no human tendency is to buy shares when the marke booming—when friends salesmen are talking of tacular fund gains—and *n* buy when the market is i doldrums. Obviously, should try to do the opp

Many investors have f that the simplest answe this problem of timing psychology lies in "dollar averaging." This means you invest a certain sum ally not less than $25 per f at fixed intervals—mon quarterly or whatever. you're automatically bu more shares when the ma is low and fewer when high, which keeps your a age cost down.

(The Investment Comp Institute, 1775 K St. N. Washington, D.C. 20006, fers pamphlets at nominal Titles include: *A wor guide to mutual funds; In ing made easy; Planning retirement through m funds; Planning for co education with mutual fun*

Prepared in collabora with Charles J. Rolo, pr nent financial writer and director of research, H. H & Company.

Shopping editor's choice

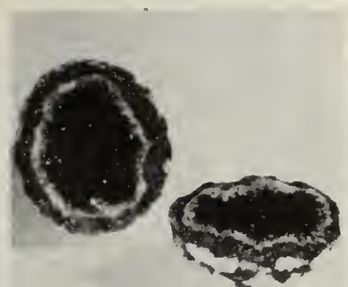
By Margaret Daly

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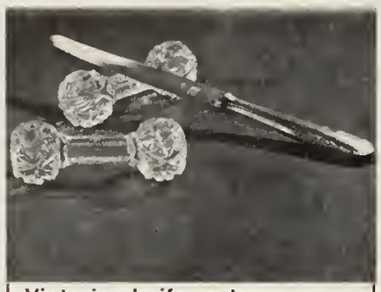


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Others also enjoy her playing, Mrs. Johanson reports. She plays for herself to relax after a trying day, and for her husband when he's tired. She also plays for friends when she goes to parties. "In a sentence," she says, "it's the most soul-satisfying thing that has ever happened to me."

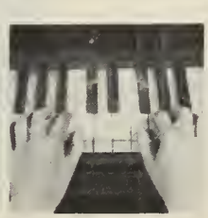
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TRIM-JEANS, P. O. Box 3984, Dept. BH-14, San Francisco, CA 94119

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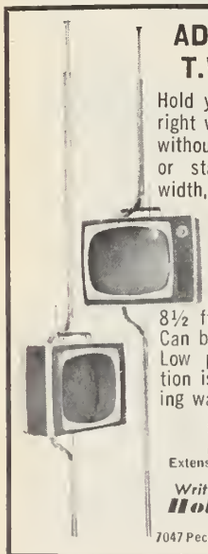
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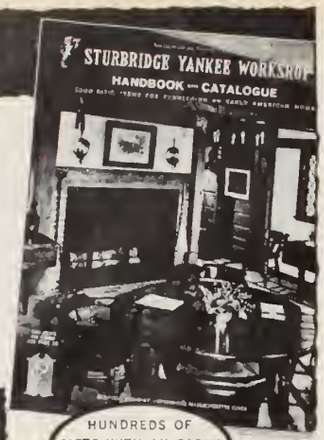
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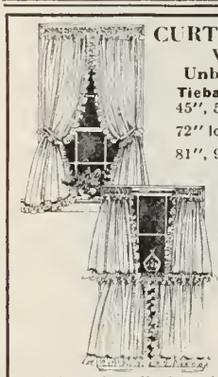
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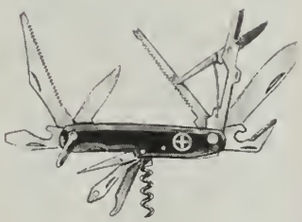
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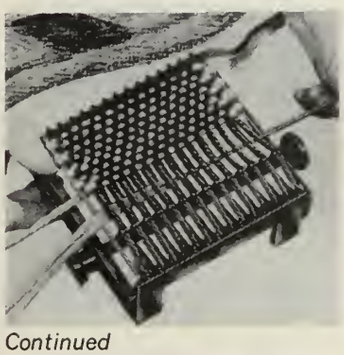
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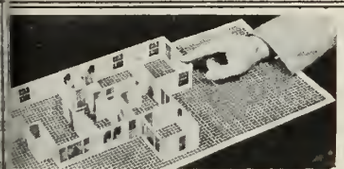
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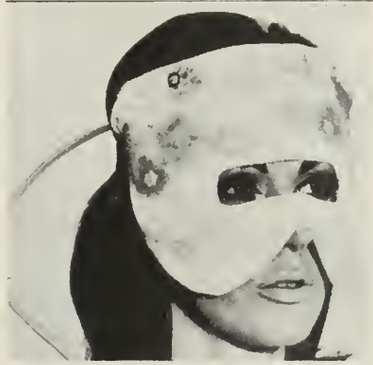
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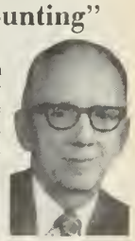
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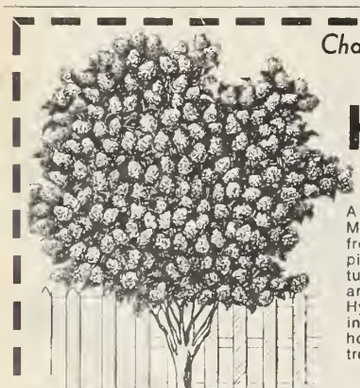
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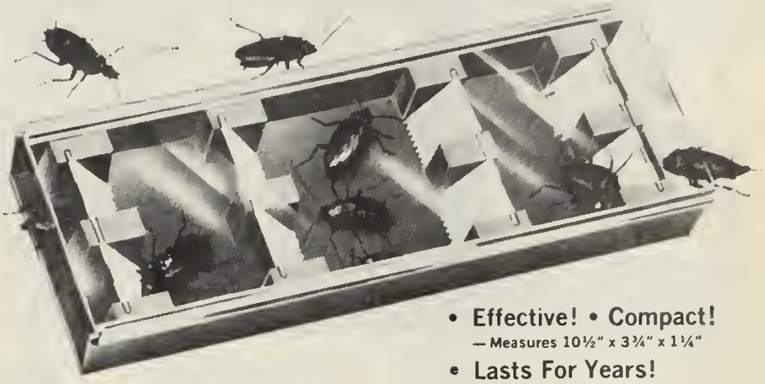
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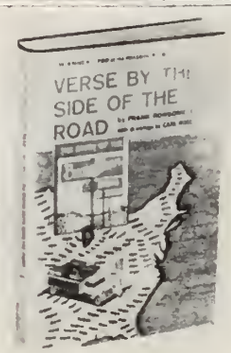
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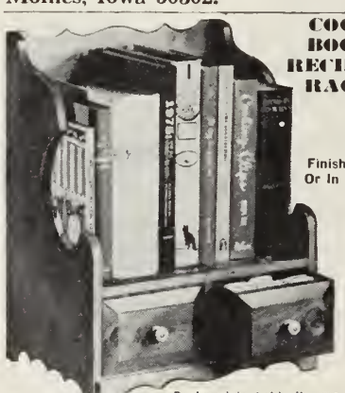
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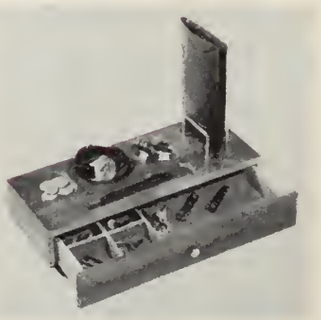
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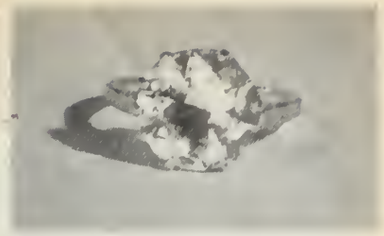
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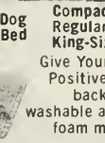
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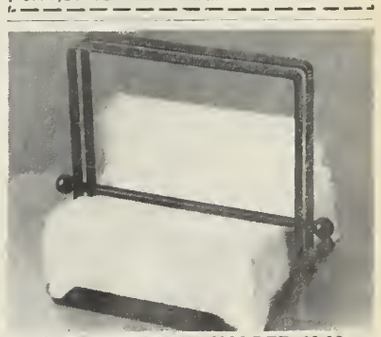


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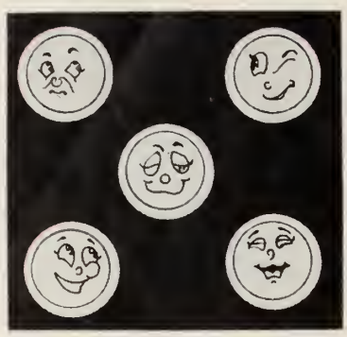
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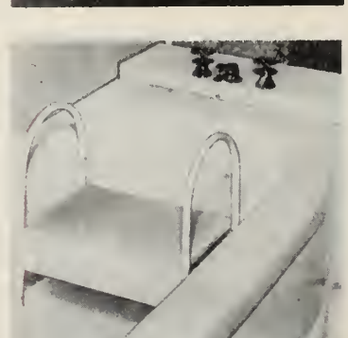
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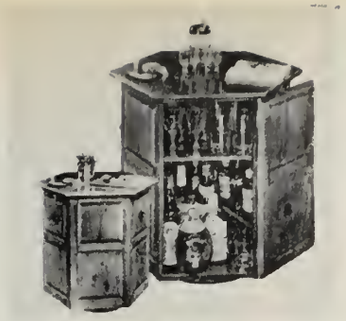
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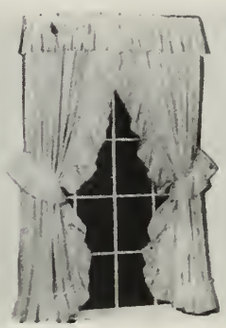
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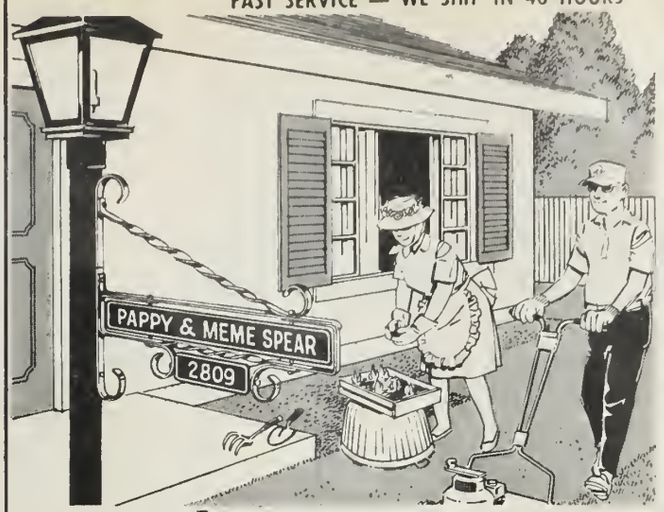


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SATISFACTION GUARANTEED OR YOUR MONEY BACK
FAST SERVICE — WE SHIP IN 48 HOURS



SPEAR'S SPRING SPRUCE-UP SALE FOR BETTER HOMES & GARDENS READERS. $1.00 OFF ON EACH MARKER ORDERED BEFORE MAY 31, 1971.

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SAVE! America's finest, most popular nameplates come to you direct from the factory—not available in stores! See your name in lights at night. Help your postman, delivery man, etc., by day. Any wording both sides in white head-light bright letters on black baked enamel. Solid rustproof aluminum. Adds beauty to your home. Installs in a jiffy

- Reflector-beaded white letters permanently embossed in solid rustproof aluminum. Wording on both sides.
- Room for 17 letters and numbers on nameplate; 6 on number plate.

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NAME FOR GIFT CARD _____

$1.00 OFF SALE $1.00 OFF SALE $1.00 OFF SALE $1.00 OFF SALE $1.00 OFF SALE $1.00 OFF SALE

The man next door®

Grumpy Ned Carter just received his hospital bill for a recent minor operation. He says now he understands why masks are worn in the operating room.

The Rev. George Hall says it's becoming increasingly easy to convince his flock that "money isn't everything." In fact, most people are discovering that it doesn't add up to much of anything.

Burt, Jr., wasn't entirely proud of his report card, but he pointed out that it provided plenty of evidence that he wasn't taking any "mind-expanding drugs."

Home from a business trip to Chicago, Lee Bayless predicts that any day now freeway drivers will be required to take a speed-reading course in order to read the maze of signs.

Pat Mulligan, mother of four, claims it's easy to determine when a youngster has reached the age of independence. It comes about the same time that he figures out how to turn on the television set by himself.

Chuck Griffith, our lawyer friend who has a keen eye for detail, says he has noticed that a careful driver is the one who sees the driver just ahead of him get a ticket.

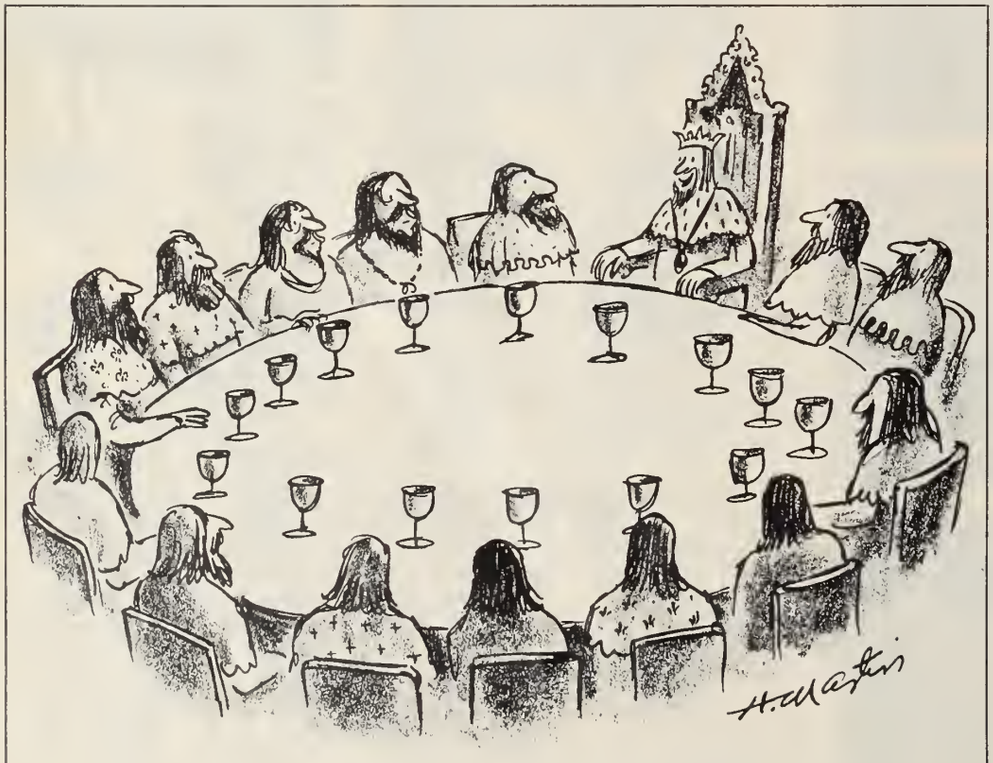
Congressman Nick Hanfli grants that politicians must be able to see both sides of an issue. But he denies that the reason is so they can figure out how to get around it.

If youngsters today can earn enough money to put themselves through college, I often wonder if they need the education.

It's easy to spot out-of-towners in the business district of our city. When the traffic light says, "Don't walk," they don't.

Maybe it's just me, but my first impression whenever I try on a new suit and step up to the three-way mirror, is, "Boy, do I ever need a haircut."

John Hardy, who recently opened a new service station, says he now is a member of the "In" crowd—insignificant, insecure and in debt.



"Now, the round table symbolizes our equality while my fancy chair and golden crown signify that I, perhaps, am just a smack more equal."



"Sideburns do not a hippy make!"

Our Rosemary teaches a Sunday school class but she is finding it difficult to convince some of the youngsters that the Devil really exists. One young cynic, still smarting from the way Santa Claus turned out, told her, "He's probably just my dad."

Spring, while not in the air, is close enough at hand to be in our thoughts. Already, our family is busy planning our first weekend trip of the year to "our cabin."

Actually, it's not our cabin, even though it overlooks what we call "our river." The cabin and property belong to an acquaintance, Jack Stillwell. It's a lovely little two-bedroom house located back in the woods, too far back to have electricity.

All of us enjoy the gaslights and the gravity-operated water system. And I love being in a place where I can step out on the porch and simply holler. I admit I've never done that, but it's nice knowing I could. I guess there's something about human nature that makes most of us yearn for the unrushed solitude and restfulness of the countryside.

Anyway, Jack—who is only an acquaintance and not a friend—is kind enough to let us use his cabin any time we want. In fact, he always seems delighted when I ask. And he refuses to take any payment for it.

Jack's not making a gesture. He means it. The only trouble is that too few people have the chance to meet people like him. Or maybe the trouble is that too few of us are like Jack.

Burton Hillis

April 1971 50¢

Better Homes and Gardens.

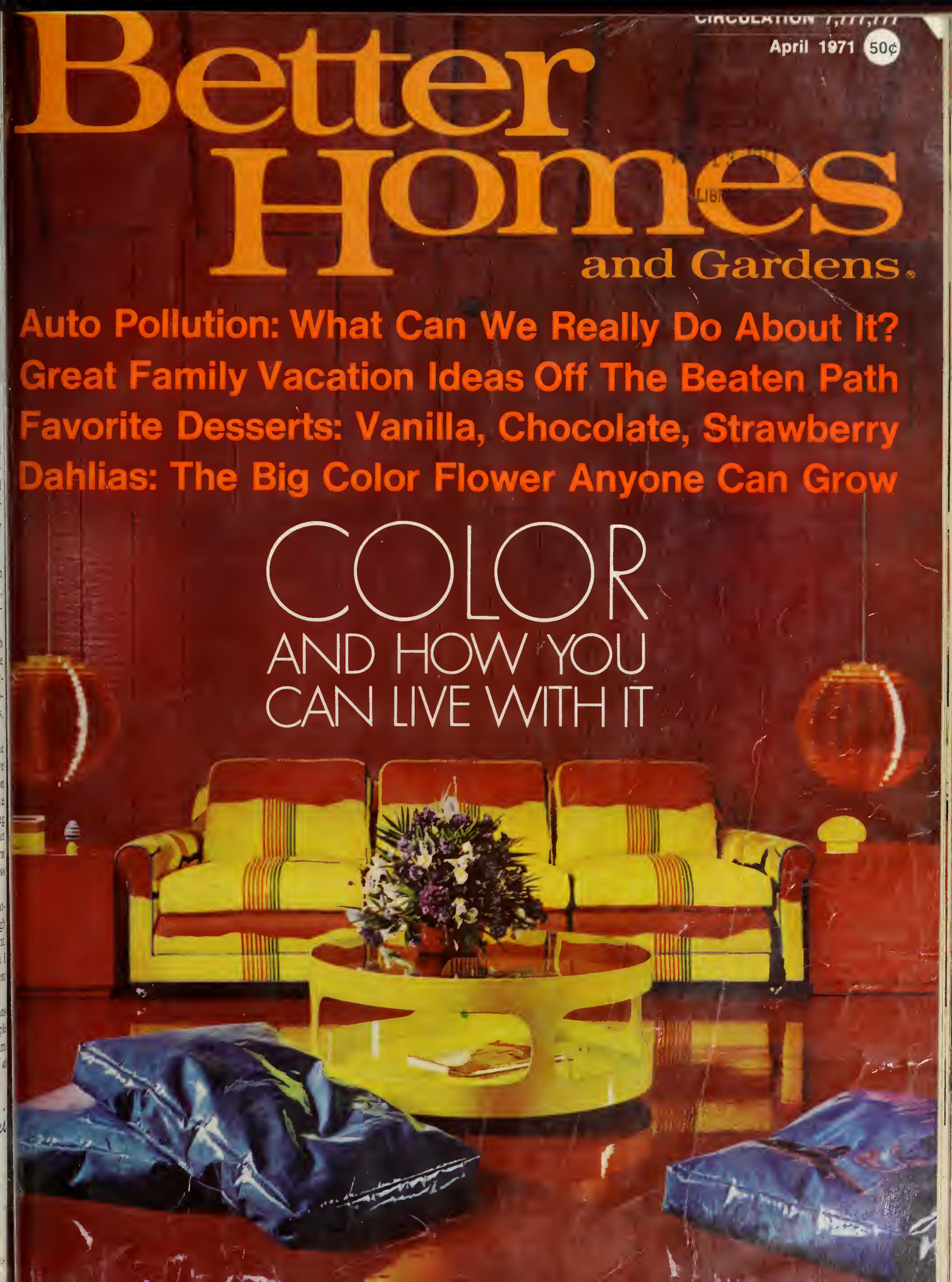
Auto Pollution: What Can We Really Do About It?

Great Family Vacation Ideas Off The Beaten Path

Favorite Desserts: Vanilla, Chocolate, Strawberry

Dahlias: The Big Color Flower Anyone Can Grow

COLOR AND HOW YOU CAN LIVE WITH IT




Create a new Indoor World with the newest

rmstrong ideas in floors, ceilings, carpets and furniture

these four pages you'll meet the newest ideas from Armstrong—fresh, exciting, innovative eas to help you find the house of your dreams, without leaving home.

r starters, there's an extraordinary, new kind of floor with a sparkling shine at lasts for years—*without waxing.*

u'll also find out about the new sure cure for ugly ceilings. As well as the latest ideas carpet and furniture for the elegant rooms in your home.

ese are ideas for today's living—for these tight-money days, when most people d it more practical to remodel or redecorate than to up and move.

ad on. Find out how many new ways Armstrong has to help.

BURLINGAME
APR 13 1971
LIBRARY

Armstrong introduces a bright new era in floors

SOLARIAN™

It shines without waxing

(It hates waxing as much as you do)

years you've been hearing about vinyl floors that m to keep their shine without waxing.

Armstrong has never made such a claim. We know n experience that any vinyl floor will begin to lose ne gloss after a few months and require an occasional xing to restore and maintain its original shine.

For women who hate to wax

we also know how much you hate to wax floors. So set out to develop a totally new kind of floor that ily would require *no wax* to keep shining and less k to keep clean.

ult is Armstrong Solarian. And it's different oring ever made. The difference lies in a development from Armstrong research—the Wear Surface. This surface is an entirely ulation that will maintain its gloss far longer l floors.

Tested in homes like yours

g has successfully tested this new floor in the hens of real homes like yours for two years. occasional sweeping, damp-mopping—and no these floors are still bright and shining.

Most waxes won't adhere to new surface

Not only does Solarian not *need* waxing, it hates waxing as much as you do. Just as an egg won't stick to the new, coated frypans, most waxes won't stick to the Mirabond Wear Surface. More important, neither will spills or tracked-in dirt. Once over lightly with a damp mop and Solarian comes up gleaming!

An end to heel-mark problems

Even those ugly black heel marks are no problem. You'll have a lot fewer to begin with. And when one does turn up, you can wipe it right off the Mirabond surface.

After several years of wear, there may be a slight lowering of gloss in high-traffic areas. You probably won't find it objectionable. But if you should ever need it, your Armstrong retailer can supply a special Solarian Floor Finish which you can use in these areas to restore and maintain the shine the way you like it.

Ask your Armstrong retailer to demonstrate Solarian's remarkable qualities and show you its variety of sparkling designs and colors. For more information direct from Armstrong, see the box at the bottom of the following right-hand page.

More new ideas from Armstrong

Now from the "Allegro" Collection by Thomasville

1971-n
new
you

Create a new Indoor World with the newes



New sure cure for the "Uglies"

Armstrong Suspended Ceilings: the beautiful cover-up

If you've got a basement ceiling with a bad case of exposed pipes, or a plaster ceiling that's cracked and peeling, or a plain, old-fashioned case of excess room height, then you should discover the beautiful cover-up —Armstrong Suspended Ceilings.

Armstrong Suspended Ceilings are the fast, economical, and attractive way to cover up anything and everything you don't want seen.

Installing one is easy. You just attach a wall molding around the room, hang the metal grid on wires from your present ceiling, and then drop the ceiling panels into place. That's about all there is to it. In fact, the whole job can be done in an average room over a weekend.

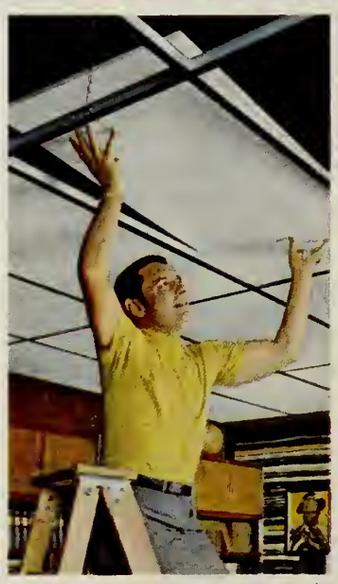
The cost? You'll be pleasantly surprised. You can do a 12′ x 14′ room, including the metal grid, for as little as $50.

Armstrong makes lots of different suspended-ceiling panels to do lots of different jobs. They're all washable. Some are vinyl coated to make cleaning easier in the kitchen. And most are acoustical, so they soak up noise in the playroom or den.

There's a wide range of surface textures to choose from. For example, the Fashiontone® panels shown above have the distinctive look of textured plaster. The metal grid comes in a choice of colors—black, white, gold, aluminum, and woodtone.

The brightest part of any suspended ceiling is an Armstrong lighting fixture. There are four different styles to choose from, all prewired and easy to install.

For more information about this versatile new ceiling system, see the box on the following page.



You can install these suspended ceilings over a weekend.



One of four di… fixture styles a…



Some of the many textures available in 2′ x 2′ or 2′…

Armstrong ideas in floors, ceilings, carpets and furniture

Furnishing the elegant room

New Patriarch™ by Thomasville®

ntroducing Patriarch by Thomasville—new classic furni-ure en Español.

Patriarch combines the architectural elegance of pain with romantic undertones of the Mediterranean. he result is a fresh, dramatic approach to one of today's ost popular furniture fashions.

Notice the deeply sculptured moldings on drawers nd door panels, the authentic latticework of the armoire nd scrollwork of the headboard. The hardware, with its ntiqued pewter finish, recalls the superb metalwork of ne great Spanish masters of the 16th Century.

This striking new collection for bedroom, dining oom, and living room is another example of furniture esign and craftsmanship with "that Thomasville look".

For more information on Patriarch, and other fine homasville furniture, see the box below.

Carpeting the elegant room

New Solitaire by Armstrong

There's a new kind of luxury underfoot. Solitaire. It's a *shag* carpet, with a shag's soft, deep warmth. But it's much thicker, much more lush than the usual shag. The result is a carpet that is richer in character, more substantial, a shade more formal. What a beautiful choice for any room where the aim is elegance!

Solitaire is the newest addition to Armstrong's line of fine carpet. Shags, plushes, sculptured and patterned carpets in hundreds of colors.

In choosing an Armstrong carpet, you needn't worry about which brand or type of fiber is best. We've selected the best fiber for each carpet and labelled it "Armstrong Approved". So both fiber *and* carpet are backed by one familiar name—Armstrong.

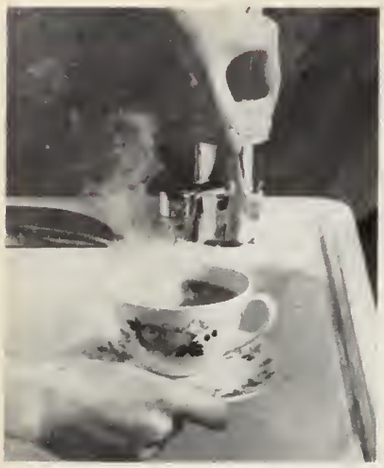
To find out more about Solitaire, or any other Armstrong carpet, see the box below.



Now what about making your Indoor World 971-new? Armstrong's new products and ew ideas can make a beautiful difference in our home. We'd like to show you how. For a full package of literature covering Armstrong floors, ceilings, carpets, and furniture, just write to Armstrong, 7104 Elm St., Lancaster, Penna. 17604.

Armstrong

CREATORS OF THE INDOOR WORLD



This puts the soup on.

The KitchenAid Hot-water Dispenser gives you 190° water at the turn of a knob. It's like having a built-in teakettle.

Use it to make tea, instant coffee, hot soup; to get a fast start on cooking; to thaw frozen vegetables; to warm baby's bottles; to prepare instant foods and drinks instantly.

You'll probably think of uses for it that even we haven't thought of.



This cleans up afterwards.

The KitchenAid Dishwasher-Sink is a dishwasher, a stainless steel sink and work counter, and a spacious storage cabinet with room for a KitchenAid disposer.

So it's a complete clean-up center, yet it's just 48" wide.

Install a KitchenAid Hot-water Dispenser and your clean-up center will also help put the soup on.

If you want a KitchenAid Dishwasher-Sink or Disposer or Hot-water Dispenser or all three, see your KitchenAid dealer. He's in the Yellow Pages. Or write us for more information. KitchenAid Dishwashers, Dept. 1RC-4, The Hobart Manufacturing Company, Troy, Ohio 45373.

KitchenAid
Dishwashers and Disposers
Hot water Dispensers

Better Homes and Gardens®

THE IDEA MAGAZINE FOR BETTER HOMES AND FAMILIES — APRIL, 1971; VOL. 49, NO. 4

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Bayer wants you to know about pain relievers.

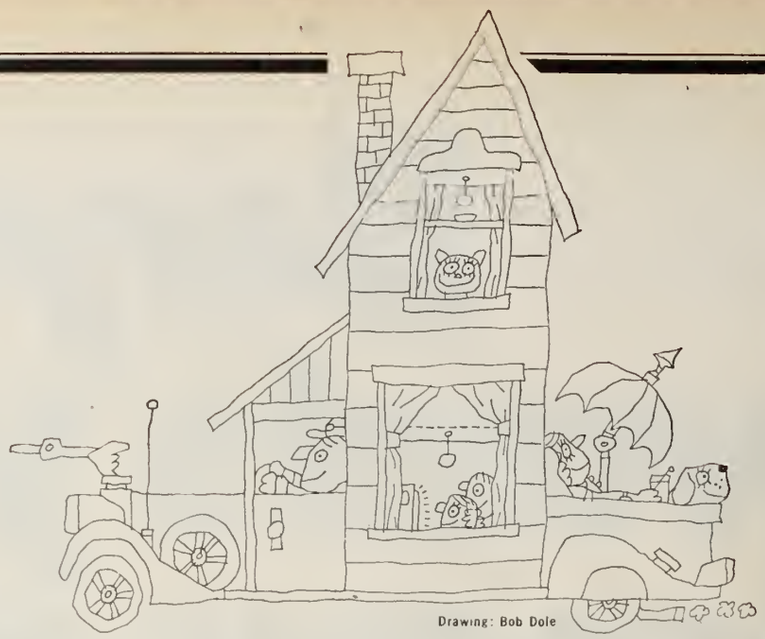
e makers of Bayer® Aspirin, we recognize
nese are days when most people want
ow more about the products they use.
hat's fine with us.
's fine with us because we believe that
ore you know about pain relievers, the
likely you'll be to insist on Bayer Aspirin.

For example, did you know that two Bayer Aspirin tablets bring all the pain relief power a headache can use? Did you know that Bayer is the only leading pain reliever that's all aspirin, and aspirin is what doctors recommend? Did you know that Bayer, without any additives, is every bit as fast and effective in relieving pain as those products that have additives?

We've been talking to consumer groups around the country, and we plan to talk to more, exchanging ideas and information about pain relievers. In the months ahead, in magazines and on TV and radio, we're going to be giving you some straight answers on this important subject. Because Bayer wants you to *know* about pain relievers.



Buying a used camping vehicle



Drawing: Bob Dole

Used campers often make excellent buys. Few are worn-out. Most were traded in because previous owners moved to larger models or different types.

You can buy from a recreational vehicle dealer or directly from the current owner. You're safer with the dealer, and here's why: He depends on volume business. In his specialized market, this means repeat business. He'll do his best to make sure you'll want to come back when it's time to trade up. Chances are he'll give you a 90-day guarantee on parts. You'll find recreational vehicle dealers listed in the yellow pages under the heading *Trailers—Camping and Travel.*

Buying from the current owner can be risky. The vehicle represents family good times, so it's hard for him to be realistic when pricing it. All the extras he added as custom touches mean a lot to him, but may not interest you. And once you've laid down the money and backed the vehicle out of their drive, it's yours, mechanical problems and all.

Basic shopping know-how

Outward appearance. Does the vehicle list to one side? A weak or broken spring could be the problem. But so could an under-inflated tire or soft ground under the wheel. Park the unit on a firm, level surface and take another look.

Exterior sheet metal. Look for gashes, tears or split seams in sidewalls and roof. Sheet metal repairs are expensive. If rivets have popped along seams, they'll be easy to replace. But ask yourself what popped them loose. The same force may have been enough to twist the frame.

Undercarriage. Frayed wires, bent plumbing and dented holding tanks are all outward signs of off-the-road abuse. While they can be repaired relatively easily, they may indicate that the frame or suspension was subject to more severe damage at the same time.

Interiors. Fabrics can take a beating in an RV. Expect sun bleaching, some small tears or a cigarette burn. But ragged and dirty cushions are a sure sign of neglect, and other more important mechanical things may have been neglected as well.

Discoloration along the line where walls join ceiling is a sure sign of leakage. The discoloration is easy to repair. But if the wall panel is seriously stained, the studs may have begun to rot. Repairs are not easy or cheap.

Windows and doors should open and close easily and fit properly. Water stains on paneling under windows and vents can indicate poor fit. Or they may just show that the previous owner was the type who forgot to close the windows when it rained. Really stubborn windows are another sign of a twisted frame.

Check drawers and doors on cabinets and closets. Normal use can be expected to loosen screws on hinges and locks. Unless they're tightened, you may dump your dishes when making a turn.

The floor will show wear. Don't let that bother you. A good scrubbing and waxing will bring it back to life. But while you're looking, put a little bounce in your step. Soft squeaky spots are indicators of cheap construction and/or abuse and deterioration.

If you're looking at a self-propelled unit, take the driver's seat. Is it comfortable or is it lumpy and sagging? A new seat will cost as much as a deluxe office chair. Are all the turning levers, gearshift knobs and switches in place? Do all the instruments and gauges work? Some of these are inexpensive items, but they should be taken care of while the vehicle is still in the dealer's lot. He has the necessary parts.

Appliances. An LP-gas refrigerator can cost up to $250 to repair or replace, a balky electric water pump another $25 to $40. Range and oven seldom cause trouble, but ask that a competent propane dealer check and certify that all lines, valves and regulators work properly.

Plumbing. The fixtures and plumbing in a camper are more susceptible to damage from abuse and freezing than are those in a home. Insist on a demonstration of sinks, toilet and shower. Make sure all units drain quickly and check carefully for any leaks. Have the dealer show you how the holding tank operates and make certain that it doesn't leak. Repairs are expensive because the unit has to be partially dismantled to expose plumbing.

Electrical systems. First, turn on all lights and fans using 12-volt battery source. Then couple the 110-volt outside connection to a power source and check all equipment using this voltage. If the unit also has LP fixtures, check the condition of globes and mantles and turn each of them on.

If the unit has an auxiliary battery, see if it has a full charge. Look for corroded wiring to terminals. Ask the dealer to start the auxiliary power plant if there is one. It should start easily; this is your standby power.

Tires and suspension. Tire wear is a good indicator of how the unit has been used. Worn inner edges may mean that it was constantly overloaded or that the load capacity of that particular chassis was overrated. Condition of springs and shock absorbers is extremely critical. You can't bounce a motor home or travel trailer to test the shocks as you might a car, so you'll have to trust a visual inspection. Excess oil leakage or a bone-dry shaft indicates a shot shock. A light film of oil is normal for lubrication.

Checkpoints on specific vehicle types:

Tent trailers are relatively trouble-free. Reject a unit with poor canvas or kinked bows. Replacement will run the overall cost so high that you'd be smarter to buy a new unit.

The larger tent trailers and travel trailers require a towing test. The unit should track straight and follow the car without fishtailing. If the unit weighs more than 1500 pounds, separate trailer brakes are advisable and required in many states. A trailer weighing over 2500 pounds will require having a load equalizer hitch professionally installed on your car.

Don't forget to check trailer brake and turn signal lights. Couple them to your car to make certain they work.

Pickup campers. Before mounting the unit, check the underside. A crunched

Continued

Who's 21 and who's 30?

(Their hands won't tell.)

Ivory Liquid helps keep hands young looking.





The 30-year-old is on the left. Mrs. Angelyn Tomei. Hard to tell her hands wash the family dishes. She uses Ivory Liquid



Especially for a lady

Following an 18th-century style...understated elegance. In design and proportion, this desk fits beautifully into any room, blends with any furniture style! The fold-out writing surface is roomy—and there are lots of little side drawers for notes and letters. A true-to-tradition design in rich cherry. Write for our 200-pg. catalog, just $2 to Pennsylvania House, Dept. BHG471, Lewisburg, Pa.

Pennsylvania House



4 ways better than ordinary garden hose...

- **Extra flexible. Even below 0°.**
- **Drains itself automatically. Easy to pick up, move and put away.**
- **Easy to handle. Resists kinking.**
- **Premium burst strength.**

This hose gets the job done, too. Delivers full flow to nozzle or sprinkler. And it has solid brass couplings. Choose from two types: FlatLine garden hose with polymer 23, or regular FlatLine reinforced vinyl garden hose. Wherever garden supplies are sold.



FlatLine® garden hose

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Buying a used camping vehicle *Continued*

corner or floor section may mean the unit has been dropped. If so, reject it. If it meets all the general inspection points listed, mount it on the truck you'll use it with and drive it before making a decision.

Motor homes and van conversions travel under their own power so the engine works harder than a car's. A good mechanical going-over is a must. You best bet is a trip to a diagnosti center. This will give you th facts on condition of brakes engine, drive train, etc. Be sur to check the condition of th tires. All motor homes and man of the vans require heavy-dut truck tires. A couple of th larger tires can set you back several hundred dollars.

Preparing a used camper for sale or trade-in

To get the most out of a used unit, take these steps to return it as closely as possible to its original condition.

Remove personal accessories like magazine racks, pictures and utensil holders. The next owners of your camper will want to add their own touches. Use wood putty to fill all nail and screw holes. Don't forget to scrape off those travel decals.

Replace all missing components, including burned-out light bulbs, broken lampshades and damaged gas light mantles. Make sure all refrigerator and oven shelves are in place.

Make a repair list. Touch up minor scratches, spray-paint LP tanks, fix and tighten cabinet door handles, hinges and latches. You can even replace rivets missing from the siding with an inexpensive pop-riveting tool.

But be realistic. Large dents, leaky plumbing and faulty LP gas systems need professional attention. If the repairs are extensive, it may be best to trade the unit as is. You probably won't make up the cost of repairs at trade time, and the recreational vehicle dealer can have it repaired for less.

Spruce up the interior. New window and shower curtains aren't expensive, but they'll do a lot to improve the appearance. Spot-clean cushion covers, but don't risk having them cleaned or laundered unless they're really grubby. They might shrink out of shape.

Scrub the walls and ceiling. Areas around vents are usually dirtiest, but you'll be amazed at how much dirt has accumulated everywhere. Don't forget the insides of closets and cabinets. Give appliances a real go ing-over. You can get the over and burners looking like new again. Warm soda water and a mild detergent will get rid o most refrigerator odors. To re move more stubborn smells, you may have to resort to a strong disinfectant solution. Then leave the door open to get rid of dis infectant odors. Vacuum the floors and then scrub and wax them if they have a hard surface When everything is shipshape lay newspapers on the floor to keep it clean until the vehicle is in the dealer's lot.

Check the outside. Tighten loose latches and recaulk where sealant is hardened and cracked Repair dangling, shredded or damaged wires or connections Clean out external storage spaces. No one expects the bat tery compartment to be as clean as the refrigerator, but the deal er will be impressed if it is. Wash the exterior of the unit with mild detergent and warm water. Rinse promptly to prevent streaking Wash underbody to remove caked-on mud and debris.

Lubricate all hinges and latches. If you have a tent-type trailer, use a special lubricant on zippers and support bows Make certain the hitch works properly and the dolly wheels turn freely.

Try several dealer lots and check the ads in your local pa per to see what other used units are going for in your area. Also check Gil's Guide, a pricing guide of the camper vehicle in dustry. Many dealers, finance companies and banks subscribe to it. It will give you a realistic idea of what your vehicle is really worth.

CAR OF THE YEAR.

Motor Trend magazine has named the Chevy Vega its 1971 Car of the Year.

Actually, Motor Trend magazine has named all four Chevy Vegas its 1971 Car of the Year. They say it's because of Vega's engineering excellence, timeliness, styling and overall value. Naturally, we're pretty happy about it. For lots of reasons.

One is the fact that the award came from Motor Trend. Because the people at Motor Trend know cars inside and out. And after testing 10 nominees, they chose our little Vega. Shucks.

Reason number two. This is obviously the year of the little car in the big automotive world. And while there are lots of little cars that could have been Car of the Year, only one is. Ours.

A third reason. We've been saying for months now that Vega is the little car that does everything well. Lucky for us, lots of you took our word for it and bought a Vega. Our thanks.

As for the rest of you, you not only have our word for it, you have Motor Trend's: "For the money, no other American car can deliver more."

Vega. It's a lot of little car.

- ☐ I'm interested. Please send me some literature on the Vega.
- ☐ I'm very interested. Please send me literature and contact me for a Vega test-drive.
- ☐ I'm so interested that I already bought a Vega. Please send me a Car of the Year sticker for my car window.

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USING A LAWYER FOR A PERSONAL-INJURY CLAIM

In relatively small accident claims, with probable recover under $500, you may decide to be your own attorney (se "Settling a personal injury claim yourself," in our Octob 1970 issue). But say that your claim is higher, or there a special problems, and you decide to select a lawyer. Her briefly, are some guidelines on establishing a good workin relationship with an attorney.

• **When to employ a lawyer.** While it's generally advisab to employ a lawyer soon after your injury, there's no nee to feel rushed about doing so. This is not the same kind emergency as, say, the need for immediate medical attentio A good rule to follow is to employ a lawyer at an early sta —certainly before you find yourself discussing your case wi the other parties or their representatives. You want yo lawyer to investigate the facts of the accident, to guide yo regarding any such discussions, or *most likely,* to have *hi* handle such discussions.

• **Fee.** The customary arrangement is a contingent fee. Th is, your lawyer receives his compensation out of the proceed collected for your injury. If there are no such proceed your lawyer receives nothing.

He probably will ask you to sign an agreement that spe out his responsibilities and his fee. The percentage of his f ordinarily is smaller if financial recovery is obtained befo a lawsuit is filed, on the theory that more legal work required after suit is brought. Often cases are settled befo they're scheduled for trial, and sometimes during trial. Whe a case goes to a full trial, there also is the possibility retrial or an appeal. Your agreement usually will provi for an increased fee percentage if recovery occurs at la stages of the proceeding.

Although the contingent fee is not affected by arrang ments among lawyers, you should be aware of a rather f quent legal practice known as forwarding. Because there a many elements to a personal injury, your family lawyer, he is not expert in this area, may recommend that anoth lawyer handle your claim, and forward the case to him. Yo family lawyer may or may not continue to participate in t case.

• **Costs.** You should inquire whether there are circu stances where you may be required to make any payme If so, find out how much, for what items, and when. Th are court costs (such as filing fees and expenses for tak depositions), and other costs like investigators' fees. If y should lose the case, the defendant may be entitled to judgment against you for costs (such costs are defendan "court" costs, and usually do not include the defendan attorney's fees).

Whether you lose or win in the trial court, there rarely an appeal. But if there is, what about costs like prepar the record of the trial, and printing the brief on appeal?

Continu

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Using a lawyer *Continued*

• **Withdrawal by a lawyer.** Can your lawyer withdraw from the case before it's concluded? Lawyers don't ordinarily try to withdraw, but sometimes they do if there's "good cause," or they have your consent. Your lawyer can explain whether you would be obligated to him for work done up to the date of withdrawal—and how that's determined.

• **When you want to change lawyers.** Suppose you'd like to change your lawyer before the case is concluded. Can you do so? Probably you can, although the typical agreement does not say so, and states vary on the client's right to discharge an attorney without good cause. However, you should know whether there will be any cost to you if you do, and a good time to discuss this is before you sign any agreement. (You also should inquire whether your lawyer will transfer all papers and information to your new lawyer.)

• **Working with your lawyer.** You should expect to cooperate with your lawyer and be guided by his instructions. In most instances, you'll assist him by supplying certain facts regarding the accident, and by keeping him advised of any changes in important points of your case.

Always ask about the procedures your lawyer plans to use, as well as his timing. If it's necessary to sue, when will suit be brought, and how long will it take to get to trial? There may be settlement at any time. And because settlement ordinarily is not made without your consent, your lawyer probably will welcome a discussion of your feelings about this.

You can, at the outset, ask about the methods your lawyer will use to keep you advised of the progress of your case—for instance, his investigation, pretrial procedures, and settlement negotiations. Often there is a long delay before a case comes to trial, but usually the lawyer can explain why.

Your lawyer cannot advise you about *everything* at the time you employ him. He will have to investigate the facts, do some legal research, and discuss the case with the other side before he can advise you about a settlement figure. There is no need to determine trial procedure, for example, until the case is somewhere near a trial date. But you can explore your financial obligations and the basic arrangements with your lawyer when (or before) you actually engage him. ■

Produced for the magazine by Louis M. Brown, member of the faculty, University of Southern California Law School and recognized authority in the preventive law field.

Family Legal Matters Next Month

• When can a home be used for business?

A concise discussion of the legal questions involved in starting a business in your home. Includes brief tips on lessening the chances of legal headaches sometimes incurred with a home-based business.

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AN AMERICAN ODYSSEY



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½ cup boiling water
2½ cups milk
whipped topping

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HIGH SCHOOL COUNSELING: HOW MUCH HELP IS IT?

Your youngster's counselor in high school doesn't just give advice on what courses to take. He often becomes extremely influential in decisions that have a lifetime impact: basic choices on career, college, sex and marriage, the draft and other vital issues. To judge whether his influence is to the good, parents should know exactly what the counselor's job involves and how he goes about doing it.

Do counselors give advice about the draft?

Not really. Many second-rate counselors give emotional advice ("*I* served in the Marine Corps and . . ." or, "This hideous, immoral war in Vietnam . . ."). Good counselors give no advice at all, just straight facts. It's important to recognize right from the start that counselors aren't intended as advice-givers. They're a source of information rather than of personal opinion, and they offer the facts as objectively as possible. They do *not* play Ann Landers by dispensing glib solutions to problems in which they're acquainted with only secondhand.

Instead, they help students make decisions on their own, mainly by calling their attention to relevant facts and alternatives they may not know about. Thus a good counselor, although he might not agree with conscientious objectors, would attempt to keep personal views well concealed. He'd make certain every student seeking shelter from the draft is aware of the possibility of qualifying as a C.O.—plus all the other pertinent alternatives, of course.

Is a counselor helpful in selecting the right college?

Very helpful indeed in most cases. Typically, this is the area of the counselor's greatest competence, and he has access to literally thousands of relevant facts and figures about almost every college in America. Often these facts are stored on computer tapes and available for comparison with little more effort than the flick of a switch. By matching this information against his knowledge of the student—not only his grades but his personality and interests—the counselor often can make sound judgments in many areas: whether the youngster would be accepted at a given college, what grades he could expect to pull down as a freshman, how hard he'd have to work, how much it would cost, the likelihood of his qualifying for a scholarship or loan there, and just about anything else the youngster might be curious about, including his odds as a six-foot forward of making the basketball team.

To be sure, many students, despite all this help, make what later proves an unhappy choice. Neither counselors nor computers are infallible predictors, and both can be thrown by intangibles. But insofar as *anyone* can steer a youngster to a suitable college—one he'll enjoy, do well at and profit from—a high school counselor is usually the best bet.

What's the difference—if any—between counseling and guidance?

As the terms are employed in educational circles, counseling is more personal—usually one student at a time—while guidance is a group situation: a lecture about drugs, say, or a panel discussion with an architect and 26 students contemplating that career. This distinction is blurred, however, by the existence of "group counseling," in which a number of kids who happen to share some personal problem air it in a therapy session. In most schools, there's a minimum of private consultation, largely because of the combined pressures of numbers and time. Some students see their counselors so seldom, one brief chat per semester perhaps, that they sometimes can't even remember their counselor's name.

Can counselors help students get jobs?

Very definitely. In the lingo this falls under the heading of vocational counseling or career guidance, as distinct from educational or personal counseling. Often it's the biggest benefit derived from his counselor by a student not going on to college. And make no mistake about it: this help comes in handy. Qualifying for acceptance as an apprentice plumber, for instance, can be every bit as difficult as gaining admittance into Harvard.

Do kids listen to counselors?

Not necessarily, but what's more to the point is that the counselor usually listens to *them*. Many students much prefer to discuss their personal problems with a counselor rather than with a parent because the counselor is less emotionally involved and therefore more inclined to hear them out.

What if youngsters and their parents disagree?

Theoretically, a good counselor tries not to take sides in family squabbles. He would much rather mediate a dispute than escalate it. But to be honest, what frequently happens in such cases is that the student and the counselor team up against the parents, simply because the parents' plan for their children are often narrow or unrealistic. Maybe they want their straight-A son to go to Yale, for example, because they're convinced that a degree from that august university is the magic key to all things good in life. Today's kids have not such shallow delusions, and the boy himself might prefer some other school or none at all. Perhaps he wants to interrupt his formal education in order to see the world firsthand. In such instances, the counselor will be inclined to support him, citing evidence that any stu-

Continued on page 15

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EVERYTHING'S GOING FOR Southern California

WHAT IF YOU BREAK A BONE?

When you have an accident, your first question is almost instinctive: *Are any bones broken?*

It's an apt question. Bruises, scrapes or sprains generally heal in a few days, but a bone can take weeks or months to knit. Time may be lost from work while you are hobbled up in a cast, perhaps totally immobilized. Even after healing, you can end up with lasting disability.

There's not much you can do to prevent a broken bone, other than exercising common sense and caution. But how fast a break heals depends greatly on what you do when the injury first occurs, and how quickly you bring it to a doctor's attention.

How to spot a break

Almost any twisting or wrenching injury, fall or blow can result in a broken bone. Here are some clues to make you suspicious:

- *Sudden pain and swelling in the injured area.* Surprisingly, a broken bone itself doesn't hurt at all. The pain you feel with a broken bone originates with the periosteum, a tough but sensitive layer of tissue around the bone with myriad nerve endings and blood vessels. When a break occurs, this covering is almost always stretched or torn, and the result is pain.

Moving a broken bone usually results in an excruciatingly sharp pain, typically quite different from the intensified dull ache of a severe sprain or bruise.

Damage to muscles and ligaments in the region of the break results in marked swelling. Of course, less serious injuries such as sprains or torn ligaments also can cause pain and swelling, but a fracture should always be suspected until X rays have been taken.

- *Limitation of motion.* A broken bone seldom does its job very well. If a finger, a shoulder, or an ankle doesn't seem to work properly after an accident, you should suspect a fracture. A broken rib, for example, tends to impair breathing; the chest muscles contract to guard the break from painful motion.

You should be especially suspicious if you feel something snap during an accident, though sometimes a sprained joint or a torn ligament may cause a very similar sensation.

- *Shortening or distortion of a limb.* Any distortion of the length or shape of a limb strongly suggests that a bone is broken. When a long bone in the arm or leg is broken, the adjacent muscles tend to cramp or contract. This pulls the bone fragments out of their normal position.

A broken thigh, for instance may look noticeably shorter and thicker because the ends of the broken bone sometimes overlap. In the so-called "Colles' fracture" of the wrist, usually caused by falling hard on an outstretched hand, the hand may be cocked back out of normal alignment with the forearm.

Any motion other than the ordinary motion of a joint usually indicates a broken bone. Such "false motion" usually is extremely painful and can be accompanied by a grating sensation at the site of the break.

Doctors depend heavily on X rays to help identify broken bones and plan appropriate treatment. But even an X ray can fail to detect certain types of breaks. A hairline crack in a bone may at first be undetectable on an X ray, only to appear as a distinct fracture line as long as 30 days later when the bone has already begun to heal.

"Fixing" a broken bone

It's a job for doctors, no matter how simple or harmless a fracture may seem. But two first-aid measures are of paramount importance even before the doctor arrives.

First, the broken bone should be splinted or otherwise immobilized to prevent further injury. Then, simple steps should be taken to combat shock and pain.

Splinting prevents possible damage to muscles or blood vessels near the break. You usually can immobilize a fracture quite easily with anything at hand at the scene of the accident.

To splint a fracture of the leg, for example, fold a thick bedroom pillow lengthwise around the injured area. Then secure it firmly but gently above and below the fracture with neckties, belts or strips of cloth. Well-padded wooden splints, or even pieces of cardboard, can be used if the victim must be moved, particularly over a long distance.

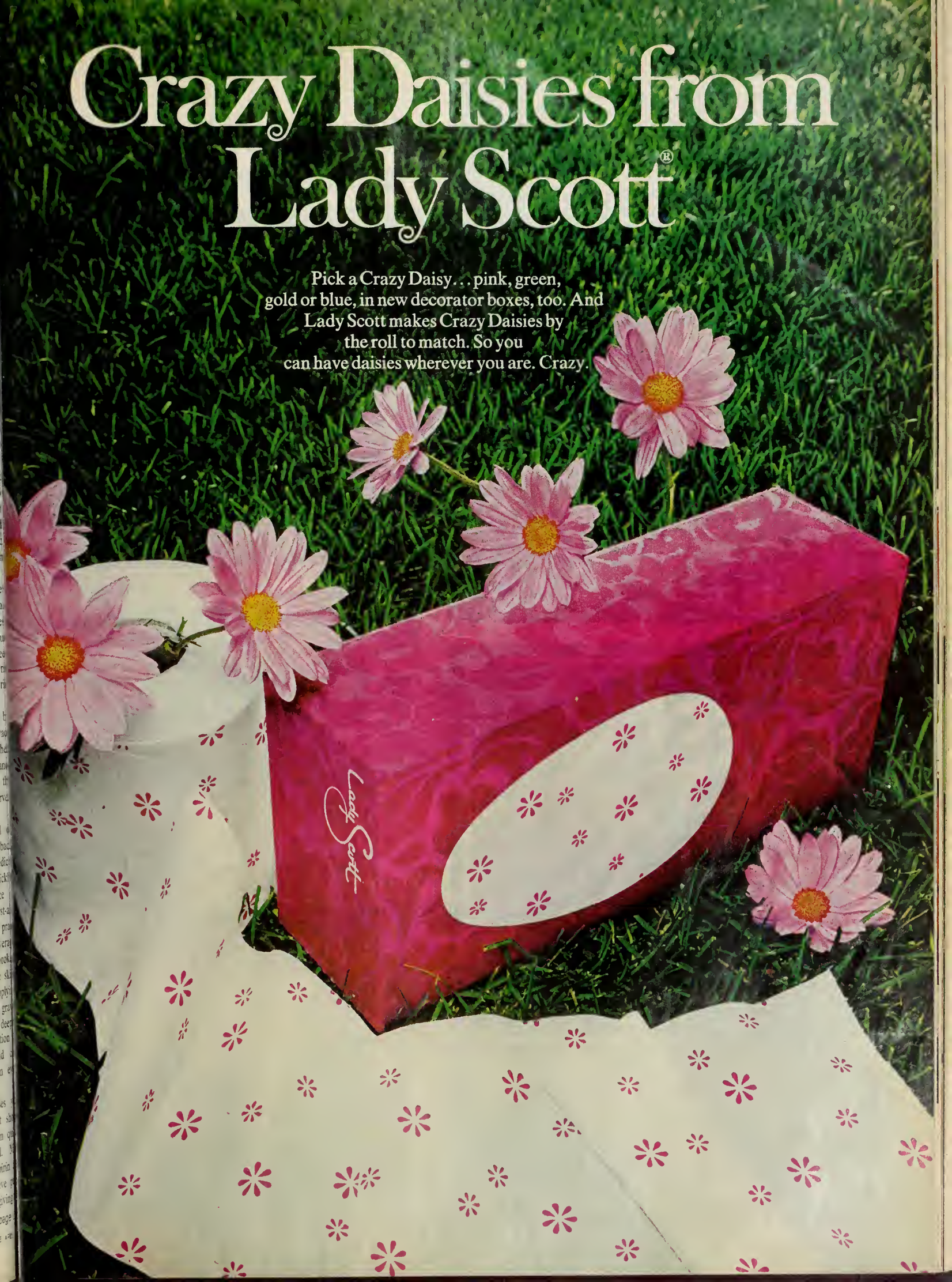
To immobilize a broken arm, pad it well and then strap it snugly to the victim's chest or secure it in a sling. A snug cloth binder torn from a sheet and wrapped firmly around the chest helps splint a rib fracture.

Broken fingers can be splinted by placing cloth wadding in the palm and then bundling up the whole hand boxing-glove fashion, with the fingers held in a natural curved position.

Don't attempt to pull or "traction" a broken bone back to normal shape, if medical aid can be mustered quickly. Applying traction, once a widely recommended first-aid procedure, requires more practice and skill than the average person possesses. If the broken bone has penetrated the skin, clumsy attempts at applying traction can pull dirt, grease and infective organisms deep into the wound. Traction is invariably painful, and can push a fracture victim even deeper into shock.

In all fracture cases you should try to combat shock by keeping the victim quiet, warm and reassured. Mild analgesics such as aspirin may be used to help relieve pain. But be careful about giving

Continued on page 1


Crazy Daisies from Lady Scott®
Pick a Crazy Daisy... pink, green, gold or blue, in new decorator boxes, too. And Lady Scott makes Crazy Daisies by the roll to match. So you can have daisies wherever you are. Crazy.
Lady Scott





Build these boxes for storage and study



From toy chests to study desk, this unusual storage idea can grow with your child. It's composed of two units that make commodious chests when used alone, or the base for a desk when topped by a sturdy work surface.

You can build this project from two sheets of ¾-inch veneer face plywood, a sheet of ¼-inch plywood and dimension stock. Then finish it with stain and varnish. Or choose a less expensive grade of plywood and paint it.

The base units become a desk when you stand them on end and attach a recessed base and a top with a recessed apron. The unit attached to the wall folds down to provide a large drawing board; when closed, it's a bulletin board.

Each base unit is 2x2 feet and 18 inches high when used as a toy chest, equipped with a small collapsible metal bracket to hold the top open. The desk is 6 feet long, 29 inches high and 18 inches deep. The wall unit is 2x3 feet and 4 inches deep. The lid is held shut with a magnetic catch.

Better Homes Project Plan 4104-1. To order, see page 143.



Photographs: Dieter. Designer: Charles Gans



Which spray cleaned better?



Easy-Off with 33% more power cleaner!



Both test ovens were identically dirty before one spraying of each cleaner. In these unretouched-photographs, look how much grease and dirt the other cleaner left behind. But Easy-Off®—with 33% more power cleaner than another brand—got the oven sparkling clean!

WORK

have a gift for name-dropping

ng that their tables are from
histicated *Hyde Park* collection.
sons design, fea-
laid with walnut
striking checker-
Lines are utterly
ple. Legs join tops
bly smooth dou-
eautifully grained,
solid cabinetwoods. You'll find a style for almost any decorative or functional purpose—from wall consoles to mini-cocktails to game tables. For color folders of Lane furniture, send 25c to The Lane Co., Inc., Altavista, Virginia 24517. Sofa is by Craft Associates, a division of Lane.

Lane®
FURNITURE

arest dealer, phone this toll-free number: 800-243-6100. (In Conn., 800-942-0655)

How to patch a shingled roof

Inspect your asphalt roof yearly, even if you haven't noticed any interior leaks. An inspection now may reveal damaged shingles that could lead to costly water damage on ceilings, walls and floors.

When water seeps through a damaged roof, it often runs along beams for some distance before soaking into a porous interior area. This makes it difficult to locate the exact source of the leak from the inside.

If the underside of your roof is exposed, examine the boards with a bright light after a rainstorm. If you see any signs of dampness, mark the spot by driving a nail through the roof from the inside. If your attic is finished, you'll have to look for the leak on the roof itself. Wait for a dry day, and be sure to wear sure-footed rubber-soled shoes. That's as far as you can go with preventive maintenance here. If there has already been a visible interior leak, concentrate on the roof area where the leak first appeared. Then search for the leak in ever-widening arcs from this spot.

You'll find the most common culprit is a curled shingle. If it isn't cracked or otherwise damaged, paste the loose end down with a coat of plastic roofing cement. Lift the shingle gently and apply a dab of cement about the size of a half-dollar. When you've finished, press the shingle down firmly.

For other repairs, try to hold off for a medium-warm morning. Asphalt shingles are too brittle to work with in cold weather and too soft to handle on hot days. If you find shingles torn or split along their exposed lower sections, patch the underside of the torn area with roofing cement. Then drive galvanized nails on both sides of tear. Make sure the nail hits wood. Cover crack and nailheads with roof cement.

Another way to repair a bad shingle is to slide a sheet of copper or aluminum under it. Cut the metal sheet a little smaller than the shingle. Cover the top side of the sheet with roof cement and slide it under the shingle until the sheet's lower edge is even with the bottom edge of the damaged shingle.

Raise the shingle above the damaged one and drive two nails through the bad shingle to secure the metal sheet below. Spot the nails high enough so that their heads will be covered by the damaged shingle. If any nailheads are exposed, cover them with roof cement.



When installing a new shingle, remove the old one by bending the shingle above the old one upward so you can pry out the nails which are holding it down.

Slide the old shingle out and slip the new shingle in. Nail it down with galvanized roofing nails placed in such a way that their heads will be covered by the shingles above.

Also examine your roof flashings in roof valleys, around vent pipes and alongside chimneys and walls. Flashings should be checked for cracks, rust and rotted sections. Look also for pieces that have pulled away from their adjoining surfaces. Where shingles overlap the flashing—on the high side of any slopes and in all roof valleys—make sure the shingles are lying perfectly flat. If any are slightly curled, apply a dab of cement under lower edge.

Where flashing sections look too weathered, cover the entire surface with an aluminum asphalt coating for added protection. Also check the ridge or hip portion of your roof carefully. This is the most exposed section for shingles, and water leaks here could go almost anywhere before soaking down to the interior level. ■



Twinkle® Brings back the wedding-gift shine.

Copper and silver are kind of special. Even when you buy them yourself—it's like getting a gift. And that's why they deserve to be taken care of with something a little special. *Twinkle.*

It has a special ingredient that does more than just remove tarnish. It makes copper and silver shine like new, long after it isn't.

Twinkle Cream for Silver. Twinkle Copper Cleaner. For the best shine possible.

©1971 Drackett Co.

Electronic cooking for short-order cooks.



Short Order #1. The 26-minute roast. It's 7 p.m. Your husband brings the boss home for dinner without telling you. The boss is a beef eater at heart. Luckily, you have a 5-lb. roast in the freezer. Into the electronic oven it goes, and 26 minutes later the boss digs in as your husband smiles.



Short Order #2. The 8-minute dessert tray. At 2:30 p.m., the dessert bridge comes to your house. Surprise! 17 hands later, while dummy, you pop the frozen goodies into the electronic oven. In 8 minutes, you're dealing with ooh's and aah's.

Short Order #3. The 7-minute scoutarama. It's 5:10 and from out of nowhere comes the Beaver Patrol. Before they can say they're starved 3 times, a frozen pizza is popped into the electronic oven, and 7 minutes later you're queen of the Beaver Patrol.



hort Order #4. The 14-min-'e casserole. It's 6:30 p.m. nd you're home late from ıe office. At 7:00, your ancé is due for dinner. He's 'inging his mother, the cook. anic? Never! Into the elec-onic oven goes Casserole ıntastique. 14 minutes ter, dinner is enjoyed by all, d a date is set.



General Electric's Versatronic® Range has an electronic oven that cooks up to four times faster than your present oven (unless it's electronic, too). Some foods even faster.

It turns an afternoon of cooking into a 30-minute "short order" you can put in at 5:30 and serve by 6:00.

Besides electronically, the same oven cooks conventionally, too. Or both ways at once, say you want to speed-roast a frozen turkey and brown it at the same time—most electronic ovens can't do this.

Versatronic range



Versatronic Range, Model J856

This incredible range is available in both the new 30" single-oven version and traditional double-oven Americana style.

Both models clean the master oven electrically with GE's P-7® Automatic Oven Cleaning feature.

And both have dependable solid-state oven temperature control, infinite heat surface units (one is the amazing automatic GE Sensi-Temp™ unit), and other features your GE dealer will point out.

GE's rugged construction, you know. You probably grew up with it.

But speed is the story. The speed you need to cook your way out of a pinch in short order.

We build everything as if we had to use it ourselves.

GENERAL ELECTRIC

GE SERVICE
Seldom needed, always nearby.



Incredible cocoa challenge! See if your cocoa compares to our incredibly rich new one.



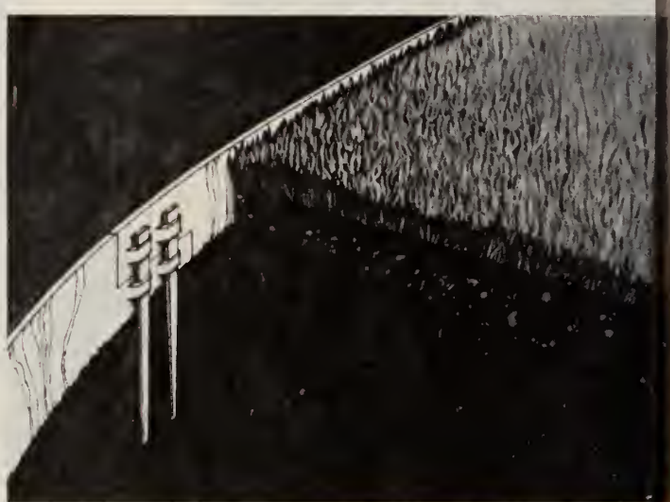
Easy as adding hot water

Rich, old-fashioned cocoa, without the old-fashioned mess. No milk to heat. No pans to soak. All the wholesome ingredients are already in Carnation's own cocoa formula. And, Carnation Hot Cocoa comes in individual packets so you can pick up only what you need. We've made it easy to discover incredibly rich cocoa. Why not take up the challenge?

New from Carnation

Easy edging for blacktop drives

Ever notice how many asphalt drives have an unfinish look? For trim and neat appearance, use a metal edgi Here's how to go about the job, *before* you have a dea lay the asphalt.

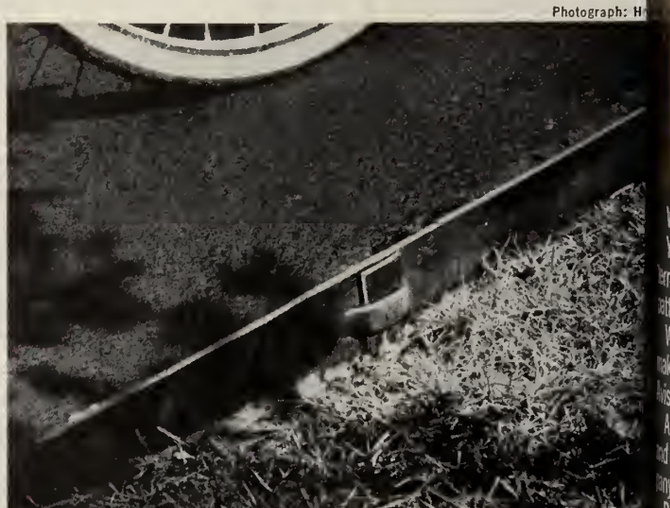


Drawing: Red Fox

Above: When you install a new drive, from street to gara stretch a guide cord on each side of the desired width. the drive is to be curved, use a garden hose to mark line to be followed. Then remove soil to a depth of ab six inches and be sure to slice the sides straight with space. Next, install a metal edging along each side, su as the permanent steel shown here. The size recommen for drives is one-fourth inch thick by five inches wide, av able in 16-foot lengths. Note how two sections fit toget with two 16-inch steel stakes. Seven stakes, in all, are u to secure each 16-foot section.

Below: Have edging about an inch above soil level so gr doesn't sprawl untidily over the edge. After the edging s tions are properly set, level a two-inch base of crus stone between the edging walls. The asphalt will then held firmly in place and the edge won't erode. Your asp dealer will give you an estimate for laying four inches asphalt over prepared area.

Photograph: H



Burlington House for draperies.



We know how you choose draperies.

You look for a fabric you like in a pattern and color that go nicely with all the patterns and colors you already have.

Well, that's fine with us. Because we make draperies in wonderful fabrics of Avisco® rayon and cotton.

And we make them in more patterns and colors than any other drapery company in the world.

But it's not just the fabrics that make Burlington House draperies special. It's also the way they're made.

Look at Shannon, the draperies in the picture. In a single-width, floor-to-ceiling length pair, they cost about $15.

Look at the folds in the fabric. We've got a bonded backing that keeps them from getting limp and saggy.

There are mitered corners too. And extra-deep pleats. And invisible stitches. And 3″ hems.

You can get this kind of custom workmanship in Ready-Made draperies or in draperies made for your particular window size.

They're not just beautiful fabrics, they're beautiful draperies too.

BURLINGTON HOUSE
ALL THROUGH THE HOUSE.

Burlington House

A Division of Burlington Industries
1345 Avenue of the Americas, N.Y., N.Y. 10019

To find where you can buy Burlington House draperies, call 800-243-6000. In Connecticut call 800-942-0655. Both calls, free.

ENVIRONMENT **YES** HYSTERIA **NO**

During the century and a half of our industrial revolution, man has behaved like a pig. The basic philosophy of our consumer society—use it, dump it, burn it—has been rooted in unreality. For no material on earth can really be thrown away. It can only be turned into something else. With our ingenuity and technology, we can put almost all of our industrial by-products to good use, and eventually solve the pollution problem.

But we must learn how—and soon—or we'll only make things worse. How does this learning begin? By finding out what the problems really are, by facing the realities of what can be done, and finally, by establishing priorities for action.

To start at the very beginning, the number one problem is that we are polluting ourselves to death in many complex ways. The number one reality is that there's no quick and easy way out. The number one priority is to get ourselves involved. No amount of shoulder shrugging or abandoning the problem to "the experts" will get the job done.



Photograph, Hopkins

Not that we can take over the functions of trained ecologists, economists, social scientists, engineers or researchers. Their best efforts are essential. But these efforts must be directed toward our greatest needs—not toward developing supposedly scientific rationales to protect the vested interests of whoever is paying the expert, be it industry or government. And there is a lot of that going on. In fact, one of the most perplexing problems these days is trying to guess which set of experts has the right answers. Equally perplexing is separating the real environmental concerns from the ecology fads of the moment.

In short, discussion of the environment, and indeed of man's survival, has degenerated into an incredible morass of political opportunism, government-industry dogfights, and all-around breast-beating. Compounding the confusion is the new avalanche of advertising with its ecological claims—some of them real, some questionable, and some misleading.

Perhaps the greatest danger is that all of us who should be involved will simply throw up our hands in confusion, and let the vested interests fight it out. The truth is that no one has all the answers, yet. No doubt, scientists and technicians *will* find the answers, but the rest of us must keep putting on the pressure for solutions that benefit us all, not just one group or another.

Obviously, the recent ground swell of interest in environment has given a few radicals the chance to sound off convincingly. Then, too, many sincere people in expressing concern have embraced fads that will amount to little. And yet if it weren't for concerned and dedicated environment crusaders of all kinds, we would be even worse off today.

The struggle is now in a crucial stage. Already our editors, in their travels around the country, too often detect apathy—or the Pollyanna belief that somehow everything will come out all right. But we cannot leave this job to government and industry. After all, it was they—encouraged often by our own demands for more and more—who *caused* the problems. Now we must let them hear demands for solutions, and we must keep up the pressure. But we must direct it intelligently, and base it on solid inquiry.

That is why Better Homes and Gardens is printing this article. It's the start of a series in which we'll examine the major areas of environmental abuse. We will define the problems and tell you what can be done (and when). Then we'll suggest priorities: what government can do; what industry can do; what you can do.

You won't find these articles entertaining. We do promise that they'll give you a good start on working intelligently toward preserving the environment (and yourself) through personal and community action.

The Editor

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The $82 bedroom floor.



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Because you do it yourself, you save! No installation charges, no separate padding to buy. You can tile a fuzzy-wuzzy 9 x 12 ft. bedroom floor with Sears Vagabond carpet tiles for under $82.

Just peel and press. Vagabond shag tiles are self-adhesive -- they go down in a wink. The pile is soft, fluffy 100% DuPont nylon. A thick shag that hides its own seams. With its own foam backing to cushion sound.

Get the best. You can afford to. Get Sears Vagabond shag carpet tiles. In eight rich, tone-on-tone shades.

Sears

they have been obscured by controversy. Mines study showed that some unleaded

The $48 dining room floor.

"Parquet" floors without the fuss of parquet floors. Sears Super Ready-Stick™ self-adhesive tiles.

Just a peel, a press—they stick to any clean, dry floor—even most cement floors. Sears guarantees it. And because you put down the tiles yourself, you'll spend under $48 for a beautiful 8 x 12 ft. floor.

Super Ready-Stick vinyl asbestos tiles. In six striking patterns.



The $16 foyer floor.

For under $16 you won't have to be ashamed to turn on the hall lights. That's all it costs for a 4x8 ft. self-adhesive Super Ready-Stick™ floor in the white brick pattern. It's elegant—yet muddy footprints wipe off in seconds.

Sears Ready-Stick Vinyl Asbestas Tiles are guaranteed ta stick ta the flaar far five years, when applied in accardance with aur instructians. If any tiles shauld fail ta adhere praperly, return them ta us and we will exchange them far new tiles, free af charge.

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ENVIRONMENT **YES** HYSTERIA **NO**

Three great kitchen floors.

$65

The Decorator Ready-Stick floor.



What a saving—because you do it. Just peel, press. It's easy. Sears Decorator Ready-Stick® tiles stick to any clean, dry floor—even most cement floors. Sears guarantees it.

Pick from four bright designs, and put down a 10 x 15 ft. vinyl asbestos floor for under $65. What a bright new way to save money!

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The Footlights floor.



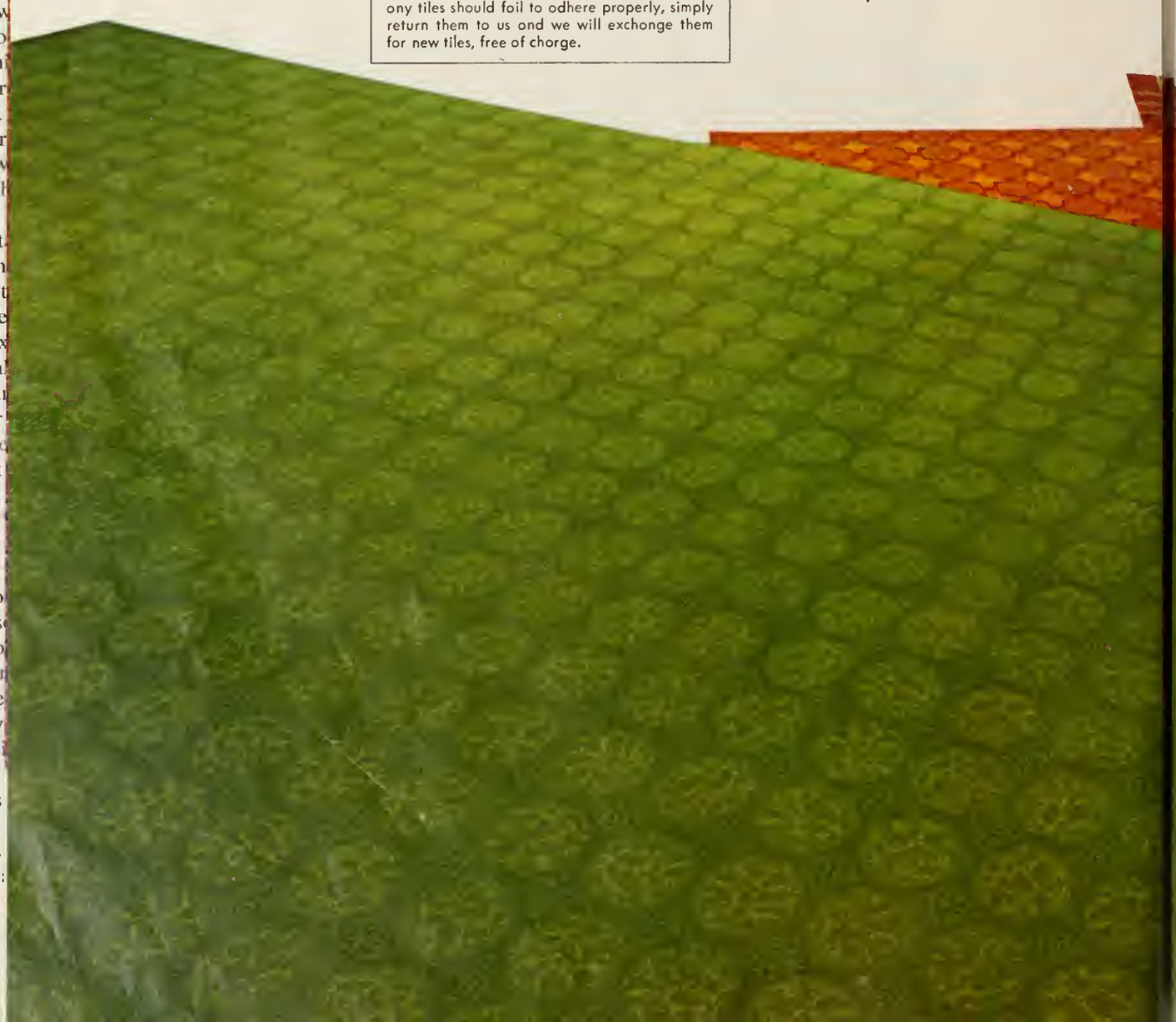
Make your kitchen more than a workroom. Make it warm and welcoming with Sears Footlights kitchen carpeting.

Just roll it out and cut to fit. An 8 x 12 ft. floor costs less than $106. In five designs, fifteen colors.

It's cushion-backed 100% DuPont nylon pile. So dense, most spills sponge right up. Sani-Gard® treated to be antibacterial.

NYLON

Imagine—all this, and beauty too!



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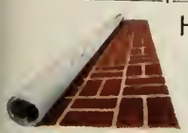
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$59

The Super Cushionflor.



Here's a beautiful vinyl you'll never, never have to wax. Super Cushionflor® is born with a built-in shine. And a warm brick look that makes even the coldest kitchen cozy.

Just roll it out and trim to fit. No installation charges, so a 10 x 12 ft. floor costs under $59. Why not treat yourself to new curtains too!

Twenty shining colors and six designs. All cushioned for comfort with thick vinyl foam.

Sears

ENVIRONMENT **YES** HYSTERIA **NO**

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The $129 family room floor.

Brighten up that drab family room! Do it yourself and save. It's easy. Just roll out Sears Show Stopper and trim to fit. An 11 x 12 ft. floor costs you less than $129.

This is family room carpet designed for all the family. Small tot trikes won't ruin that sturdy olefin pile. Most teen-age snacks wipe up with a sponge. Grown-ups love the built-in foam backing that cuts down noise.



And everybody loves the look. Three stunning patterns, thirteen color schemes. Sears Show Stopper.

Sears

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The $78 playroom floor.



It's child's play to peel yourself a carpet with self-adhesive Nomad carpet tiles. In fact, why not let the kids help? It's fun.

Nomad's olefin pile is a snap to keep clean, and the thick foam backing soaks up sound. Looks great in any of seven colors.

What a value! Under $78 for a big 12 x 12 ft. floor.

The $106 patio floor.

Sears great Rough 'n Ready indoor/outdoor carpet can really take it! Water won't hurt the tough olefin pile. Neither will traffic.

Our Rough 'n Ready stood up to a million New York feet in a Grand Central Station test. It's even Sani-Gard® treated to resist bacteria.

Under $106 for a 12 x 12 ft. area. Just roll it out and trim to fit. Eight easy-to-keep-clean colors.



ENVIRONMENT **YES** HYSTERIA **NO**

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The $124 master bedroom floor.

If you hate stepping out of a warm bed onto an ice-cold floor, you'll love Sears Something Wonderful carpet.

It's a lush, plush 100% DuPont nylon pile. Cushion-backed for added softness. No extra padding to buy. And no installation charges either—you just roll it out and trim to fit.

Use the twelve-foot width in your bedroom, and the six-foot width in your powder room or bath. Because they're perfect for outdoors, too, water's no problem. You can cover both a 9 x 12 ft. bedroom and a 6 x 6 ft. powder room for less than $124.

Something Wonderful. Just what the name says. In sapphire, avocado, ten vivid colors.

DUPONT NYLON

Sears

"The Great Put-Downs." Come see 359 colors and patterns. Only at Sears.

Available at most larger Sears Roebuck and Co. stores and by catalog

AUTO POLLUTION: WHAT CAN WE REALLY DO ABOUT IT?

Cars and trucks, with their internal combustion engines, are the biggest single factor in atmospheric pollution. In some cities, they account for as much as 85 percent of the dirty air. This can't go on.

Yet it is evident that our nation could not long survive without its wheels. We have built a highway civilization and are stuck with the consequences. We have no public transportation worthy of the name. For most Americans, the family car is the only way to get to work, school and supermarket. The bitter question is, how do we keep breathing while we keep moving?

Drastic technological changes are the only answer. These changes must be insisted on by the consumer, pushed by industry and government, and they must be rigidly enforced once accomplished.

How do we clean up what is admittedly the number one air polluter while meeting vital transportation needs and avoiding chaos and collapse in the industry that provides jobs for more Americans than any other? As a first priority we have to equip today's engine with devices to cut harmful emissions. By 1980, we can cut these emissions by 90 percent and lower the overall pollution from automobiles to where it was in 1940. But that's not enough. Next step: develop other, cleaner methods of propulsive power: perhaps electric motors or steam engines. Automotive engineers are working on this now, but it will be years before invention can be translated into mass production. There are no shortcuts.

These are the inescapable realities, but they have been obscured by controversy. We must make auto pollution more than a campus cause or a political plaything. The challenge we must realistically face breaks down into three parts:

First, industry shares the blame for the trouble we're in. Now it must invest its financial and technical resources to help get us out. In fact, two big industries are concerned—automobiles and oil.

Then government is deeply involved. Sensible standards and regulations are vital, but they must be based on solid knowledge, not on political opportunism and bandwagon vote-chasing.

Finally the individual consumer must do his part. He must demand cleaner cars and cleaner fuels. That's easy enough; the rest is more difficult: He'll have to back his convictions with his pocketbook, and help pay for cleaner cars and fuels. He will even have to trade in some of his sloppy habits, like running poorly maintained vehicles that spew unnecessary filth into the atmosphere. Or insisting on souped-up, overpowered engines that provide thrills on the highway but create excessive pollution while wasting high-octane fuel in everyday driving.

Let's look at industry first. Although a good deal of blame falls on industry, it is not true that Detroit has done nothing but sit on its hands while the rest of us gagged on exhaust fumes. Until the 1950s no one even knew that automobiles were responsible for smog. It was only then that studies at Cal Tech showed how certain combustion products reacted in sunlight to cast an eye-stinging blanket over Los Angeles.

What happens is that unburned hydrocarbons escaping from gas tank, crankcase and tail pipe combine with the nitrogen oxides that result from combustion. Of course, these smog makers are not a car's only pollutants. There's also carbon monoxide, a deadly gas; and particulate matter, such as lead salts, which are found in the exhaust smoke and soot.

Among these, lead is one of the minor contributors to pollution, and don't be convinced that just by using unleaded gasoline, you're doing all you should for cleaner air. In fact, there is no consensus among the experts about the effect of lead removal on pollution.

Some oil companies marketing unleaded gasoline promote its use as a way to reduce pollution. On the other hand one of the tests reported in a Bureau of Mines study showed that some unleaded gasolines can produce more smog makers than leaded gasolines of comparable octane quality. But the question is almost academic: exhaust control devices in the 1975 models may well require lead-free gasoline to operate, while taking care of most hydrocarbons as well.

California was the first state to regulate automotive emissions. Beginning in 1961, all cars sold in that state were required to carry a simple crankcase valve that stopped 25 percent of the unburned hydrocarbons. Since 1963, when this device was installed in all cars sold in this country, the manufacturers have developed other types of smog traps to meet the increasingly strict standards of the Air Quality Act of 1967. In the 1970 models about 70 percent of the carbon monoxide has been eliminated. The 1971s generate 83 percent less hydrocarbons. This means that today's new car emits less than 700 pounds of pollutants a year, as against the more than 2000 pounds a year produced by the average 1962 car, when new.

Already today, if we had only 1970s and 1971s on the road, the automobile's share of air pollution would be more like 15 percent nationally, although some metropolitan areas would still have unacceptable levels of pollution. It will be another ten years before the attrition of older cars takes us down to that figure. Meanwhile automotive pollution will keep declining steadily though the number of cars goes up.

Automobile manufacturers are working on antipollution devices which will cut harmful emissions by 90 percent once they are perfected in the laboratory and translated into mass production. This technological breakthrough is likely to be accomplished by about 1980, but even that is not enough—for after 1980 the pollution curve may rise again as our growing population requires more and more vehicles.

So industry must develop other, cleaner methods of propulsive power. "Give us steam cars, battery cars or fuel cell engines," are popular cries today. Don't forget that steam cars were in use in 1910 but had so many disadvantages and cost so much that they could not compete. Neither could the old electric. That's why we are not driving steam cars or electrics today. No other power plant could match the all-around efficiency, convenience and economy of the piston-type

Continued



"Mary, Mary, quite contrary, here, for Rubbermaid Border Fence"

"My cockleshells were looking very, very sad.
So I dressed them up with something new. Rubbermaid Border Fence.
Border Fence comes in three different heights, and each one stretches
up to 10 feet in length. So no matter what shape your garden is in,
Border Fence fits. For as low as $1.98 for 10 feet.
It never rusts or warps or fades. Never needs painted, either.
Which means if you dress up your garden or lawn or something with
Border Fence, you'll get a lot of nice comments.
People are always asking me how my garden grows."



© 1971 by Rubbermaid Incorporated, Wooster, Ohio 44691

Auto pollution *Continued*

gasoline engine, and no new engineering advances have made today's experimental steam and electric cars much better. Moreover, electrics would require an enormous increase in the country's generating capacity to recharge millions of auto batteries—and we're brown-out short of generating power even as it is. As for the vaunted fuel cell, it is for the foreseeable future a low-power, high-cost device suitable for a spacecraft but not the highway.

Of course, industry—and not just the big auto makers—are working hard to find viable new power sources. Gas turbine engines, for instance, have been under development for years, and there have even been experimental models that cruised incognito on Detroit's streets long before the public became pollution-conscious. Some transportation companies are also getting into the picture. Greyhound has road-tested a prototype bus with a nearly pollution-free turbine. Ten production models will go into service within a few months. Greyhound is also running a pilot study of a dual fuel system using natural gas (which produces almost no pollution) in cities, and low-pollution diesel fuel on the highways.

But don't let anybody kid you that the answer is just around the corner. All those sensational newspaper and magazine stories and TV shows to the contrary, it'll be a long time before your family car will be basically different from what it is today.

Now let's look at government's role. While the automobile industry is not the only villain, it hardly deserves all the credit for the antipollution progress to date. Without consumer pressure and resulting government regulation it is doubtful that we would have come even this far in our quest for cleaner air.

The California law of 1961 and the Air Quality Act of 1967 were the beginning. Considerably more stringent measures are now on the way, and there is no doubt that even tighter legislation will be required in the future as our vehicle population climbs to at least 160 million by 1990.

But government regulation should be related to technology; the latest legislation does not seem to be. Under the amendments to the Air Quality Act which Congress recently sent to the White House, major exhaust pollutants must be cut to ten percent of existing levels by January 1, 1975, with a one-year grace period written into the bill in case automotive engineers can't come up with the necessary answers in time for the deadline. Any additional time would require a new act of Congress. Unfortunately, this legislation was drafted without any public hearings at which technical evidence could be presented.

The gestation period of new cars takes a couple of years even when no major changes are involved. And now, less than four years hence, production-line models are supposed to incorporate equipment that hasn't even been perfected in the laboratory.

The only argument in favor of such peremptory law-making is that it puts the car makers under the gun, and that they will work harder. Probably so, but opponents of the law point out that this legislation can end up costing billions to accomplish virtually nothing—especially in view of the fact that existing technology could fulfill the decreed target date. Standards only fractionally lower than those demanded by the new law.

Most experts predict that the auto companies will probably not come up to the exacting standard, and that Congress will only end up extending the period. We agree, and we believe this law was passed in political expediency under pressure from consumer groups. We believe the lawmakers fully expect to extend the deadline. This kind of headline legislation does no one good. We suggest that from now on, all such legislative proposals be reviewed for feasibility by representatives of the National Academy of Sciences and the National Academy of Engineering.

In addition to enacting sensible legislation, the government should encourage

Continued on page 12



UMRITTER CORP., NEW YORK, N.Y.

In defense of "me."

Who is "me"? I am "me."

That blue Canton tea service on the coffee table. That's "me."

It was my mother's, and her mother's before that, and her mother's before that.

That sweet little thing that Kristi wrote when she was five. About what Christmas meant to her. I framed it and hung it on the wall. That's "me."

In fact, all these things are so much a part of "me."

Not because I like them, which I do. But because they're so very at ease with everything else in this room that's so precious to me.

My lamps, my furniture, my drapes, my carpets. This room is "me."

It has always been our belief at Ethan Allen Galleries that the only thing that matters in your home is "me." And an artful expression of "me" is what an Ethan Allen Gallery is all about.

It's an exciting idea center, where you'll see a full range of American Traditional design—lamps, accessories, even Ethan Allen color television. All in beautifully coordinated rooms. All open stock. In designs that are ageless.

Over the years we have helped thousands of women to plan thousands of rooms. Our pride is that not one is expressive of us.

But each, to the contrary, has been expressive of "me."

In our furniture, in our Galleries, and in our people, you'll find a dedication to this notion that goes far deeper than words.

Visit us soon.

We've reserved for you a copy of our all new, 358-page "Treasury of American Traditional Interiors"—a $5.00 value—free at your nearest Ethan Allen Gallery.

For the Gallery nearest you, call this number absolutely free; 800-553-9550 (in Iowa, call collect 319-242-1867).

Ethan Allen Galleries

We care about your home...almost as much as you do.

You can't be yourself if



you're another person nearly one week a month

The idea today is to do your own thing. To be active or quiet. To seek out friends or solitude. To watch or join in. As long as you do what truly expresses you.

And the idea is to do your thing all the time. Including when you have your monthly period. That's when Tampax tampons can help keep you feeling like yourself.

Internally worn, Tampax tampons were developed by a doctor to give you sanitary protection that's both safe and comfortable. They have a silken-smooth container-applicator that makes insertion simple and correct.

NO BELTS
NO PINS
NO PADS
NO ODOR

Once properly in place, Tampax tampons can't be felt. There's no odor or chafing. Nothing to remind you it's your time of the month. And disposal's no problem either, because both the applicator and tampon are completely flushable.

Tampax tampons. They give you real protection. And the freedom to express the real you.

Right from the start . . .



DEVELOPED BY A DOCTOR
NOW USED BY MILLIONS OF WOMEN

TAMPAX® TAMPONS ARE MADE ONLY BY TAMPAX INCORPORATED, PALMER, MASS.

CAMPING with all the COMFORTS



Manufacturers of camping equipment are making it difficult for a family to really "rough it." You may impress your friends with your courage when you tell them you're going camping on your vacation, but camp stoves, catalytic heaters, and mantle-type lanterns let you take the conveniences of home along with you.

Camp stoves put an end to searching for firewood, burned meals, teary eyes, and blackened pans. Heat is as easy to control as with an ordinary range. In fact, if you're used to cooking over gas at home, you'll find it's exactly the same. Just remember that altitude, temperature, and wind will affect cooking time.

When purchasing a camp stove, make certain you choose one big enough for your family. The number of burners isn't as important as the distance between burners. Most camp stoves have burners at least 9 inches between centers, but you'll find those with burners spaced 11 inches are better for larger pans. If you feel you need an additional burner, invest in an auxiliary one-burner stove.

Mantle-type lanterns have been around for years, but they never cease to amaze the tenderfoot with their tremendous light output. There are several points to keep in mind when buying your first lantern. While the two-mantle models do not double the light of the single-mantle version, they do significantly increase the output and cost but a few dollars more. You'll find the extra light worth the added expenditure. The most popular type has a ventilator (top) with a narrow rim. The lamp floods the whole campsite with light, but the glare may become annoying if you set the lamp on a tabletop close to where you are eating. A ventilator with a wider rim eliminates the glare problem.

The catalytic heater is a relative newcomer to the camping convenience group, but it operates on a principle that's been around for years in pocket hand warmers. Fuel is oxidized on a special metal catalyst, producing heat without a flame.

Buy the heater that will meet your needs—not an extra big one "just in case." An adjustable model is well worth its extra cost. If you're planning cold-weather camping, invest in a smaller, single-setting heater as an auxiliary unit.

Gasoline or LP gas appliances?

White gasoline has long been the standard fuel for camp stoves and lanterns. Check this fuel for cleanliness; oil or foreign particles may damage your appliance. Manufacturers of camping equipment combat this problem by offering their own fuels—highly refined naphthas that are really better than white gas ever was. These are available in almost every hardware store and sporting goods department.

LP gas (liquefied petroleum) is rapidly gaining popularity as a fuel for camping equipment. Although operating cost per hour is higher than with conventional fuels, it's more convenient to carry and store. Originally it was available only in 14-ounce disposable cylinders. Now you can buy equipment made to operate off a large, refillable tank. LP gas bought from bulk petroleum dealers runs about 10 to 15 cents per pound. Ten pounds should handle all the cooking and lighting needs of a family of four for a week.

Accessories

When it comes to buying camp cookware, you'll regret it if you pinch pennies. The best outdoor cookware is Teflon coated —a feature you'll appreciate outdoors even more than you do at home. Plastic cups and dishes are another good investment. They're easier to clean than aluminum, and won't dent or break. Also, on a cold blowy day, they'll keep food and drinks warmer longer—without burning your hands.

A folding stand for your camp stove will put the burners at a height where you're used to cooking, and doubles nicely as a table base. Ovens made for camp stoves fold compactly and have heat indicators to make baking as easy as in your range at home.

Always carry spare generators for lanterns and stoves. This is the part of the fuel line where the fuel and air mixture is vaporized. It's prone to carbon accumulations, and needs periodic replacement. The part is inexpensive, easy to change, and indispensible when the old one becomes clogged.

Lanterns are safe and almost foolproof, but they are subject to breakage. A metal carrying case is a wise investment. You should always carry spare mantles, and you'll be smart to have an extra glass globe along. Special yellow globes are available in all sizes, and they're a godsend on summer evenings —they don't attract bugs.

If you use liquid fuel, get the best container you can buy, and tie a small filter funnel to it.

Safety

All heat-producing camping gear can be hazardous, but it needn't be if you use common sense.

- Always carefully read the manufacturer's instructions before using the appliance, and carry these instructions with the appliance.
- Don't use liquid fuels around an open flame, and don't refill appliances until they've had time to cool.
- Combustion (even catalytic) produces carbon monoxide and consumes oxygen. Use appliances only where you have good cross ventilation.
- Although the mantle-type lanterns are intended for light, they produce considerable heat. Treat them as carefully as you would an open flame, and don't suspend them from anything combustible (such as tent ridgepoles, dry tree limbs, etc.)
- If you use propane, have the tanks filled only by qualified dealers. Check lines and seals periodically for leaks. Liquid dish detergent spread on hose connections will bubble if gas is escaping.
- Always let the appliance cool before packing it away when you break camp. ■

Fresh from the place
where fragrance is born

Avon brings you Field Flowers.



Field Flowers—a fragrance of springtime, sunshine, and all the flowers of the field. A new and beautifully delicate fragrance, borrowing its name from nature's favorite blossoms. Ask your Avon Lady for a fresh bouquet of Cologne Mist. Surround yourself with Field Flowers—a woman's garden of fragrance. By Avon.

AVON

ROCKEFELLER PLAZA, NEW YORK. ©1971 AVON PRODUCTS, INC.

What does a man

know about color?

Probably more than you give him credit for.

But women are the ones who are really aware of the colors around them. In nature, for example, while the male bird may have all the gaudy plumage, it's the female who is attracted by the color. She is the one with the keen eye.

That same eye is the one that looks at your home. It's inside you somewhere and it knows instinctively what's right and what's wrong. If it says candy pink is perfect for your bedroom, then candy pink it should be.

Du Pont LUCITE is the wall paint that makes it easy to put that imagined color on the walls. It never needs stirring and doesn't drip like ordinary paint. LUCITE goes on fast, dries even faster and has the superior covering power you need to make your home a marvel. And you have an exciting range of colors in wall paint and interior enamel to choose from.

LUCITE from Du Pont. It looks as fantastic on the wall as it does in your mind.



Lucite® Wall Paint

Look in the Yellow Pages for the LUCITE retailer nearest you. Or call 800-243-6000. Free any time, any day. Dial as you normally dial long distance. (In Conn., call 1-800-942-0655.)

DOUGLAS M. LIDSTER New Products Editor

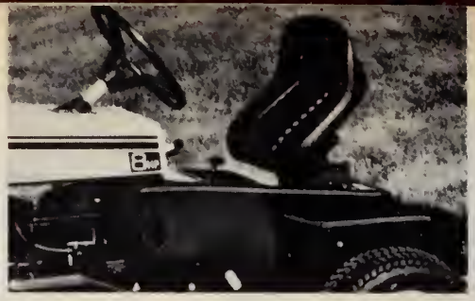
GOOD NEWS



Dual-dimension speakers fill an entire room with sound. Both speaker units in this stereo system contain two speakers—a top-firing treble horn and a bottom-firing bass woofer. Each speaker projects sound into an individual deflector cone to disperse bass and treble throughout the listening area.

Heart of this total sound system is a sleek cabinet containing amplifier, four-speed changer, tape input and output jacks and AM, FM, FM/stereo radio.

Quadrille Stereo System $299.95 at audio dealers. Zenith Corporation, 1900 North Austin Avenue, Chicago, Illinois 60639.



Mower blades stop when you get off the safety seat. They won't start again until you're reseated and manually reengage the clutch.

It's easy to adjust cutting height from the seat with one hand. Five separate settings let you choose height of 1½ to 3½ inches. Mower unit comes off without tools.

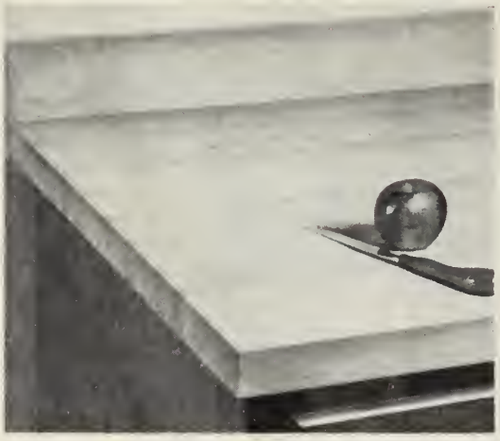
Poloron Lawn Tractors in garden depts. Poloron Power Prods., Rm 610, Mdse. Mart, Kansas City, Mo. 64108.



You have it soft with this unconventional chair. Two 33x17 foam cushions form the seat and back. Upholstery is a synthetic fleece.

Rich walnut veneer covers the sturdy "Unimold" plywood frame.

Ring-A-Thing Chair under $200 at furniture stores. Wieland Furniture Co., Bay City, Mich. 48706.



Tough counter top is made from laminated hardwood like an old-time butcher block. It can really take it. Top is 1½ inches thick, 25 wide and comes in 12 lengths from 15 to 96 inches. Matching hardwood backsplash is available.

In the workshop, the tough surface makes an ideal bench top. Or you can attach decorative legs and use it as a coffee or end table in your living room.

Laminated Counter Tops about $5 per sq. ft. through contractors. Bruce Paneling and Molding, Cook Ind., Inc., Covington, Tenn. 38019.



One-hand hedge trimming is here! These compact hedge clippers are precisely balanced for one-hand operation, and they have the power for any trimming job.

Powerful, permanent magnet motor is located behind the grip so the balance point rests in your hand.

Housing is attractive avocado-colored polycarbonate plastic, double insulated for safety.

Thor Fastback Hedge Trimmers $39.95 at hardware departments. Thor Power Tool Co., 175 North State Street, Aurora, Ill. 60507.



Self-contained stereo portable is a real first; it's a true stereo, but there are no extra speakers to lug around, set up or plug in.

The compact unit contains three speakers, each driven by a separate FM signal. Acoustical sound chamber in front of speakers disperses sound for real stereo effect. The unit operates on four "D" cells or AC current.

Sony MR-9700W AM, FM Stereo Radio $99.95. Sony Corp., 47-47 Van Dam St., Long Island City, N. Y. 11101.

Continued



Mrs. Janie Satterwhite.
Son: Bradley, 3.
"Bradley can't get through one meal without getting something on him. But I'd be silly to lose my patience when Tide does such a beautiful job on his clothes."
Ask Janie Satterwhite about Tide.
Write to her at:
P.O. Box 343, Miami, Okla. 74354.

When Bradley finishes dinner, his shirt looks like a dirty napkin. Glad I found Tide in my new Speed Queen.

Speed Queen gives you a nickel stainless steel tub with family-size capacity. Besides the regular cycles, Speed Queen has a durable press cycle for durable press, delicate fabrics, and woolens. This washer also has a soak timer which lets you select soak periods from 15 minutes to 24 hours.

Tide has agreed with Washer makers to supply Tide samples packed by them and to feature their washers in Tide advertising.

The makers of 21 leading washers pack Tide in every top-loading automatic.



Marlite areas: Walls—Gold Linen Stripe Planks and Pistachio Planks.
Shower enclosure—Gold Fern pattern.

Remodeling?

Color-coordinated Marlite Planks make it easy to do it yourself!

Just choose your decorating scheme from more than 80 beautiful Marlite colors, textures and designs. Use two or more colors and patterns if you like. Marlite paneling is color-coordinated to help you create rooms with perfect color harmony.

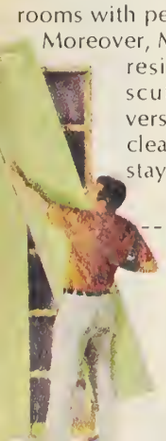
Moreover, Marlite's plastic finish resists heat, moisture, scuffs and stains. This versatile paneling wipes clean with a damp cloth; stays like new for years.

And easy-to-handle Marlite Planks are only 16 inches wide . . . tongued and grooved for simple do-it-yourself remodeling.

See Marlite Decorator Planks at your building materials dealer—and start on your beautiful new room this weekend.

MASONITE CORPORATION **Marlite®** plastic-finished paneling

Marlite is a registered trademark of Masonite Corporation



FULL-COLOR LITERATURE ON MARLITE PANELING—Send 25¢ to: Marlite Division of Masonite Corporation, Dept. 433, Dover, Ohio 44622

Name

Address

City



Eliminate cord clutter with this compact timer. No extra cords or bulky units to contend with. It plugs directly into wall outlet. Leaves other socket exposed for use.

Timer works on a 24-hour cycle and has a manual override switch for using lamps before scheduled lighting time. 375-watt capacity is adequate for most small appliances, lamps and radios.

Lamp Lyter Plug-In Timer $7.95 in hardware and department stores. International Register Co., 4700 West Montrose Ave., Chicago, Ill. 60641.



Have a fresh-ground cup coffee every time. A twist the dispenser on this grind measures and grinds the exa amount of coffee beans for o delicious cup of coffee. Y can grind enough for up to t cups at a time.

Selector lets you choo grind size desired as dictat by brewing method and p sonal taste.

Compact unit can be us freestanding or wall-mount to ease counter-top crunch.

Salton Electric Coffee Grin $19.95 in stores. Salton In 519 E. 72nd St., New Yo N. Y. 10021.



Keep up with what's happening on your favorite TV program without a TV.

In addition to AM/FM programs, this portable radio picks up VHF TV audio.

Juliette Solid State Radio $46.50 in stores. Topp Electronics, Inc., 4201 N. W. 77th Ave., Miami, Fla. 33166.



Destroy household odo don't just mask them. T compact air purifier doe use chemicals. It neutral odors electronically. Also tards the development of m and mildew.

Just set the timer for period up to 30 minutes. So state unit will eliminate n objectionable odors in a 12 room in ten minutes.

Airox Air Purifier $6 in department stores. Po tion Control Industries, I 507 Canal St., Stamf Conn. 06902. *Contir*

The best thing about this beautiful wood roof is that it isn't wood.

It's GAF Timberline™ roof shingles. The roof with the beauty of wood shake shingles and the maintenance-free convenience of modern asphalt shingles.

What Timberline gives you is simply the best of both worlds. And more. Because it gives you extra protection and longer roof life. It's backed by a 25-year warranty from GAF.

But you have to see Timberline to believe it. Its unique double-layer, staggered-cut design beautifully duplicates the deep uneven shadow pattern of a wood shingle roof. Yet Timberline doesn't rot, crack, warp or split. It's also fire-resistant. Plus, there's a special self-sealing adhesive that holds shingles down, even in high winds.

You can select a GAF Timberline roof in any of six subtle wood-tone colors. All with the rich varied shadowline that can do wonders for the appearance of your home.

Over the years you'll see that the only thing better than the way Timberline looks is the way it lasts.



GAF Corporation
Building Products Division, Box BHG-4
140 West 51 Street
New York, N.Y. 10020

gaf®

Please tell me more about GAF Timberline Shingles.

Name _____

Address _____

City _____ State _____ Zip _____

If you think TOASTMASTER® toasters can only master toast

think again,

and again,

and again...



"His and Hers" Model D111.

And again, And again. Toastmaster toasters heat any "toaster food" from frozen pizzas and waffles to fruit pastries . . . perfectly. Not to mention perfect toast. Everything comes up just right in any Toastmaster model. How? A little thing we call our Superflex® timer controls the matched heating elements. It insures great results. And "his and hers" controls let you prepare different foods on different settings . . . at the same time. What's more, Toastmaster toasters have extra-strong springs to pop up the heaviest toaster foods. With beautiful styling like this, you'll visit your little 24-hour diner several times a day. It's the diner with class.

If you'd like to know more about how to get best results with "toaster foods," write now for our new Toaster Foods Guide at the address below.



Our 2-slice diner. Model B112

TOASTMASTER®



Push-button blade changing makes this shop knife unique.

A small button on top of handle releases blade for removal. No need to take knife apart to change blades. Button on rear of handle opens blade-storage magazine. Sliding button gives an instant choice of three exposure settings, plus retracted position for safety when not in use.

Stanley Front Loading Utility Knife $1.79 at hdwe. and building supply depts.



Get lots of light in a basemen play area, workshop or lau dry. Just replace the bare bu with this screw-in fluoresce fixture. Two circular tub rated at 54 watts produ light equivalent to 200-wa incandescent bulb. Wide available decorative plastic glass diffuser can be added cover tubes. Also available single-tube model.

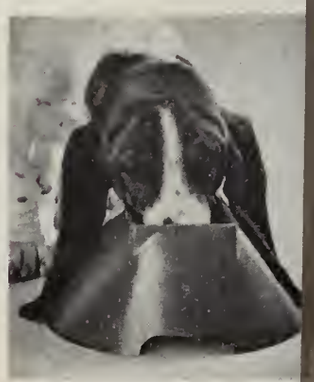
Arlite Converters at lighti dealers. Arlite Electroni Lincoln, Nebr. 68504.



Pin-stripe like a pro the first time. Striping tape makes it easy to add the finishing touch of straight and/or parallel lines to projects.

Just press the tape in place, then remove one, two or three of the die-cut strips for desired stripe width. Or leave center piece in place for twin lines.

Auto Pak Striping Tape $2.38 for 15-yard roll in paint, hdwe. and automotive depts. 3M Company, Abrasives Div., St. Paul, Minn. 55119.



This new look in dog dish will make any long-eared d a neater eater. The unus shape practically elimina the dog's spilling, carrying upsetting the server.

A built-in hand grip ma it easy for the owner to p up the dish without touch the contents.

Dr. Keene's DogServer av able in two sizes, about $2 $3 at pet departments. Keene's Inc., 419 Coster Hinckley, Ill. 60520.

Thwart car thieves with this double-acting kit.

When you leave your car, just press a locking button to make the car virtually theft-proof. The hood is locked to prevent theft of under-hood components and eliminate ignition tampering. Even if the hood lock is forced open or broken, the ignition is shorted out so that the car cannot be hot-wired to start.

The kit can be installed in a couple of hours and requires no special tools. It will fit all late-model cars.

Kar-Lok Anti-Theft $29.95 in auto supply de Chapman Performance Pros. 5567 North Elston Ave., Chicago, Ill. 60630. ■

Now! Chuck Wagon®

instant dinner

for dogs



Makes tender, juicy chunks

. . . plus golden nuggets, loaded with vitamins and minerals and rich meat broth. All you add is warm water for a completely nourishing dinner for dogs. Instantly. Chuck Wagon. Next to you, what he likes best and needs most.



Ask the man who borrows one.

We asked lawn mower expert, Tony P. Monaco, to describe for us his idea of the ideal lawn mower:

"It's one you sit on. After all, a man works hard all week. His body deserves a rest.

But just being able to sit on it isn't enough. Your riding mower should have an adjustable seat. After all, you may not be the only one who's ever gonna use it, and you always want to make sure the controls are within easy reach.

One I especially go for is the one Bob Stevens next door owns. It's a Jacobsen Mark II. Got some terrific things on it. Electric starting. And this automatic shift thing where when you push either up or down on the pedal, you go forward or backward. Take your foot off the pedal, and it acts like a brake. Your hands never have to leave the wheel. That's very important for your wives and teenagers.

Then sometimes when Bob's busy, I really go for that nice Ray Thiem's big Jacobsen lawn and garden tractor. It's got a grass cutting attachment, a snow throwing attachment, I'm telling you, it's got just about everything.

Yes, for my money, Jacobsen makes some ideal riding lawn mowers and tractors."

Don't be surprised if you get a big sales job on Jacobsen riding mowers from someone besides a lawn mower salesman. By some strange coincidence, the best kind you can buy just happens to be the best kind someone else can borrow.



JACOBSEN®
A member Company of Allegheny Ludlum Industries

How to make decorative concrete tiles



Photographs: Charles Pearson. Architect: Anker I. Molver. Source: Daisy Pearson

How would you like a new floor that costs little, has lots of texture and color, improves with age and never needs special care?

Not many floor materials could fit that description; stone and concrete tiles can. Ideal for entryways, patios, walkways and hearths, these tiles are very inexpensive because you make and install them yourself. It's a simple job that requires no special tools or expertise.

Where to use these tiles

If you plan on installing them on an interior surface, make certain your floor will support all the additional weight. The 18x21 by 2-inch-deep tiles shown being made on pages 134-135, for example, weigh about 50 pounds each. For interior use it's best to use the tiles as a decorative highlight rather than attempt to cover an entire floor. In the room above, for instance, the stone tiles are used only in the main entry hallway and around the living room fireplace. The fireplace mantel is also made from the same tiles, but has the extra support of two steel and wood lintel beams. Wherever you decide to use them, you'll find these tiles add an uncommon feeling of warmth and natural beauty. And since they're so easy to make, you may want to turn the whole job into a family project.

How to find the right size tile

Tile size depends mainly on the amount of area to be covered, but you may want to make several sizes to introduce pattern variety. Begin by measuring the exact length and width of the area you wish covered. Next, make a scale drawing of the dimensions on a sheet of graph paper. One inch equaling one foot is an easy scale to work with. Use this paper to experiment with the different ways various tile patterns and sizes would look like.

As an example, say you'd like to cover a 6x6-foot area. Using your scale, you'll find that nine 2x2-foot tiles will do the job. You could even use 36 1x1-foot tiles, 144 6x6-inch tiles, or a combination of all of them.

But say you have an odd-size area, such as 3¾ x 4½ feet. Change these dimensions to inches. This gives you an area of 45x54 inches. Next, divide each dimension by three and four feet respectively ($45 \div 3 = 15$, and $54 \div 4 = 13\frac{1}{2}$). This gives you a correct tile size of 15x13½ inches; 12 of these tiles will cover the odd-size area exactly.

Building the concrete form

Using lengths of 2x4s, build

Continued on page 13

It's harder to buy a chair than to buy a car.



Your car doesn't have to harmonize with other cars on the oad. Or go with the color scheme in your garage. Or complement our shrubbery when it's parked in your driveway.

But a chair has to get along with everything else in the room.

It has to be the right size. The right shape. Have the right ıbric. And have it in the right color. Or it looks wrong.

So don't let anyone tell you it's easy to buy a chair.

What makes it less hard to buy a Drexel chair, or any Drexel pholstered furniture, is that you can take a lot for granted.

You don't have to worry about the chair standing up. The ames are all made from seasoned, kiln-dried hardwood, to revent any chance of warping.

You don't have to worry about comfort. Every chair is engi- eered to the body by putting stronger coils where the weight concentrated, and softer ones where the weight is less.

You don't have to worry about the fabric, because every one is protected with a stain-repellent finish at no extra cost.

You don't have to worry about the price, because you won't find more chair for your money. (Shop around and you'll see.)

What you do have to concern yourself with is picking the style of chair and the fabric from hundreds of patterns and colors, to work with the other things in your room. And that should be as enjoyable as buying a dress to go with a handbag, shoes and belt.

It's just that the chair will be around a lot longer than the dress. And a lot longer than the family car, too. So you can use all the extra assurance you can get.

Every piece of Drexel furniture carries the Drexel name. You'll find it in the upper drawer of every cabinet. On the underside of every table. On the deck of every upholstered piece.

When you're proud of your work you sign it.

Signed Furniture





For a set of booklets on Drexel styles, send $1.00 to Drexel Furniture, Dept. BHG 4-71, Drexel, N.C. 28619.
For the name of the Drexel dealer near you, call free 800-243-6000. Conn. call collect 800-942-0655.



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Costs less than paint.
Easier to apply than paint.
Lasts longer than paint.
Guaranteed not to crack, peel or blister.
66 Colors, solid or semi-transparent.



New Wood or Re-do.
Solid colors
over paint or stain.

Breaking the food codes

Consumer advocates have long been pressuring manufacturers to show the dates on perishable foods in plain English. A few states do require that perishable foods carry uncoded dates so shoppers can check the freshness of foods. Yet most code dating practices still are designed primarily to help the retailer rotate his stock and remove foods after certain deadlines.

Jewel Food Stores, a major food chain in Chicago, recently took a swing at unscrutable coding with a voluntary program to help *consumers* decipher codes. The new coding program operates in four departments—fresh meats, processed meats, dairy products, and what's loosely termed snacks. In each, display car explain the coding symbols consumers. The stores al offer customers code referen books, which list the cod used by the store, as well the codes shown on all pro ucts sold.

This decoding progra makes it relatively simple f customers to check the fres ness of foods they buy. As o of the first major efforts of t food industry to break trad tionally arcane food codes, t program is a valuable mod for other stores—and for leg lative proposals. For detai write: Food Coding, Fam Money Management Depa ment, Better Homes and G dens, 1716 Locust, D Moines, Iowa 50303.

Self-cleaning ovens: How good?

Self-cleaning ovens, first touted as something of a kitchen miracle, have been on the market for more than five years. According to industry spokesmen (and independent researchers as well), users generally say they're satisfied—but with a few qualifications.

Most often, the enchantment with self-cleaning ovens varies with the type of oven—pyrolytic or catalytic. The pyrolytic system sears off grease and foods in a special cleaning cycle at temperatures of 850 to 1,050 degrees. Although this oven comes with a higher price tag than the catalytic oven, it's more apt to please homemakers who want a spotless, like-new oven interior after cleaning.

Catalytic ovens, which cl themselves at normal cooki temperatures, dispose of m of the cooking mess. Howev as many buyers have fou the catalytic process does produce a spotless oven af each use.

Most women would like self-cleaning process to inclu the broiler, broiler pan, o racks—even the reflector p from burners and surface un Right now, though, very f models offer such all-enco passing cleaning features. you're considering a new o or range, check out both s cleaning systems. Comp prices and find out just wh included.

When is a guarantee deceptive?

According to Federal Trade Commission guidelines, guarantee advertising is deceptive if it fails to state:

- what product or part is guaranteed.
- what characteristics of the product are covered.
- what the buyer must do before the guarantee will be honored, such as returning the product to a certain location or paying labor costs.
- how long the guarantee is effective.
- how the guarantee will be carried out—if it promises repair, replacement, or a choice.
- the company or person responsible for the guaran

When you buy guarant products or services, look the above information, only from retailers you trust and get guarantees *writing*. If you bump into w seems to be a deceptive g antee advertisement, or cover a firm that won't perf warranty services, report details to the nearest office. ■

Produced for the magazin Sally R. Campbell, noted f ily economics consultant writer, and our own M Management editor.

For your nearest Lees dealer, call 800-243-6000
free of charge any time. In Connecticut call 800-942-0655.
Lees Carpets is a Division of Burlington Industries.

Once Lees made carpets to stand on. Today we make "Live-a-Little" to sit on.

Back when Lees started, having a party meant sitting primly on high-backed chairs. Today you relax on a low couch, or sprawl on the floor.

So today at Lees we make things like Live-a-Little. It's one of our New Generation Carpets—not a bit like the Lees carpet your grandmother had in her parlor, although the quality's still the same.

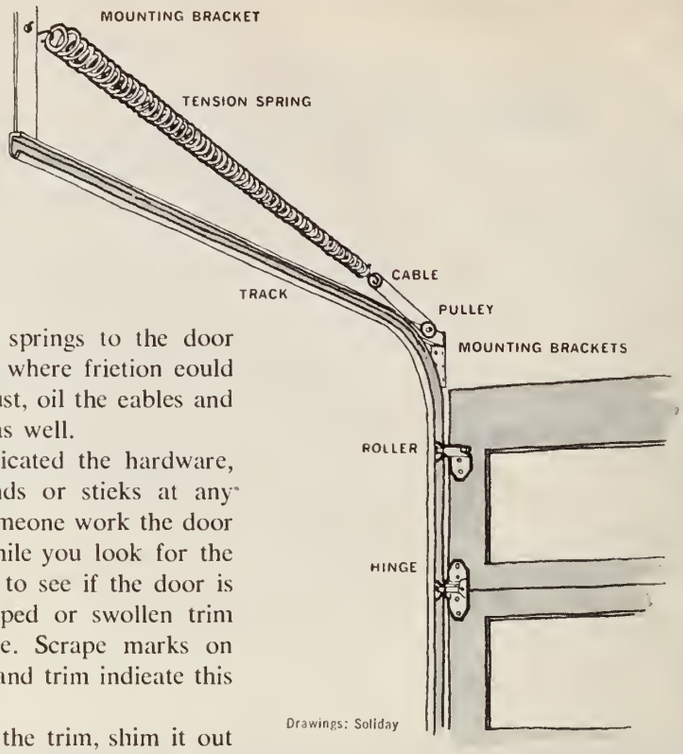
Live-a-Little is a thick layer of loops —fat, bouncy little loops of Acrilan® acrylic that act like a million tiny cushions. It's soft for sitting on, and durable for dancing on.

There's a delicate sculptured pattern and 22 luscious colors and a price tag of only about $8 a square yard. So you can afford a whole roomful of Live-a-Little and still live a little.



LEES
NEW GENERATION CARPETS

How to adjust your garage door



A well-balaneed garage door should remain open when it's about two feet off the ground. Above that spot it should rise slowly; below, it should gradually fall.

If your door aets balky, eheek the moving hardware. Most overhead doors have metal rollers attaehed to braekets near the door edges. These are loeated at hinge points where the door seetions eonneet. Lubricate these metal rollers and hinges onee a year; be sure you get oil on the roller shafts and bearings also. Do likewise with the traek itself by smearing grease on the inside. Pay partieular attention to the eurved seetions where binding most frequently oeeurs.

Also lubrieate the pulleys that guide the eables on each side of the traek. There are usually two pulleys, one on each side of the door. Follow the cable that eonneets the balaneing springs to the door and lubricate points where frietion eould oeeur. To prevent rust, oil the eables and the tension springs as well.

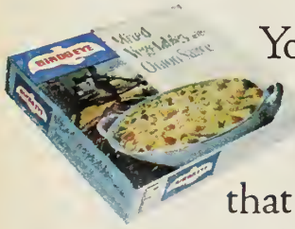
After you've lubricated the hardware, see if the door binds or stieks at any point. If so, have someone work the door from the outside while you look for the trouble spot. Cheek to see if the door is binding against warped or swollen trim pieees on either side. Scrape marks on the outside of door and trim indieate this eondition.

To fix it, pry off the trim, shim it out from the wall, then renail. Sometimes you ean get by with simply sanding the door faee slightly or scraping paint away from the inside of the molding.

A garage door ean also bind or stick because of loose bolts that hold braekets and hinges to the door and hold the tracks in plaee. This allows the door to sag or twist out of alignment. Cheek fastenings for tightness.

To work properly, the door's traeks

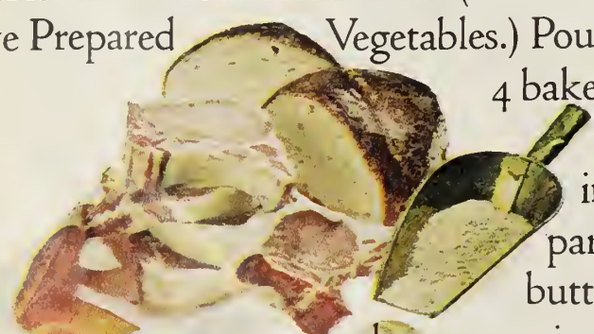
How to cook for a man



You've got recipes he'd like all right. Cut from old magazines and stacked in the
And someday you mean to sort them out. If you could just find time. Well, Bi
Eye has time. And the time's right now. To give you a man's recipe
that you don't have to burrow through a closet to find. We call it **Pork Perfect.** Cook 1 package of Birds Eye Mixed Vegetables with Onion Sauce. All your favorite vegetables in a smooth rich sauce. (It's one of 18 Birds Eye Prepared Vegetables.) Pour them over 4 baked pork chops which are sitting in a shallow baking pan. Sprinkle with ½ cup buttered bread crumbs and brown 5 minutes under the broiler. A man's recipe. From Birds Eye.







must be perfectly parallel. Measure the distance between the tracks at several points to be sure. You'll notice the mounting brackets usually have slotted holes for the lag bolts. You can make minor adjustments if wear and tear have knocked the guide tracks out of alignment, causing the door to stick or jam.

Another problem is a cable that has slipped off its pulley. To fix, raise the door to release the cable tension and pry the cable back over the pulley rim. Then tighten as necessary.

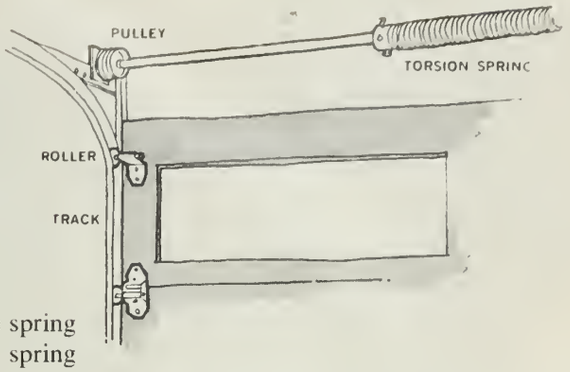
If your door moves smoothly but needs balancing, the springs may have lost their tension. Most garage doors have extension springs which stretch as tension is applied. They are at maximum stretch when the door is closed, and under little tension when the door is up. To increase the tension on the springs, tighten the cables until the door has reached the proper balancing point.

When you make the adjustments, secure the door in the open position. Be certain the door is secured tightly, so it won't crash down.

On some doors, an S-hook at the end of the cable slips into one of several holes in the track support. To increase tension on the spring, keep moving the hook one hole at a time until you've achieved the proper tension and balance. Remember to move each side equally so that the tension will be balanced.

For doors with an S-hook on the spring end, unfasten the cable, move the spring back one or two holes and reassemble. Still another variation is the cable end that goes through a cable clamp or eye-bolt-and-nut combination that locks the cable in place. On these you'll have to first loosen the nut or bolt, then pull up on the cable until you've applied the needed tension. Measure how much of the cable you pull through the eye (past its original adjustment) so that you can pull the same amount on the other side. Work about one inch at a time, then re-test the tension on the door.

If you find that no amount of cable shortening does the job, chances are that the springs need replacing. Dealers can supply springs for most doors if you can give them the make and model number.



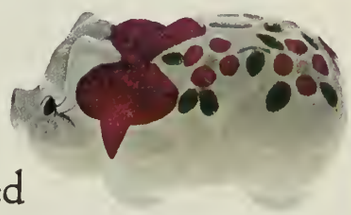
Another type of spring mechanism is known as a torsion spring. It fits across the door top and is fastened to a bar. The door winds and unwinds the spring as the cables turn the pulleys. To increase the tension here, you must wind special plugs at each end. Because of the tremendous tension involved in this type of mechanism, let a professional serviceman handle the job.

The latching mechanism on a door that has been readjusted and realigned sometimes needs adjusting also. Loosen the slotted plate or mounting bracket and move it up or down slightly until it engages properly. ■

How to save a nickel

5 cents off coupon is more about compliments earned than
ey saved.

It's about putting a meal on the table that
man can really dig into.

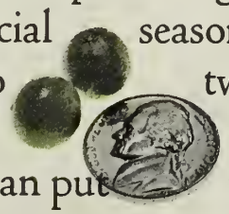


Any one of the 18 tasty Birds Eye® Prepared
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Some have sauces, like Tender Peas an
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Serve one of them to your man soon. He'll compliment
on being such a good cook. And you can put the nickel in his piggy bank.



GF GENERAL FOODS KITCHENS

Free booklet of Meals to Please a Man, send your name, address, and one side panel from any package of Birds Eye Prepared Vegetables to: Box 1020, Kankakee, Illinois 60901.



Color & how people live with it

Colors are very personal. If you like certain ones and feel comfortable with them, often they're right for you. We asked the homeowners whose rooms you see on these 14 pages why they chose their particular schemes. As you see, some of the reasons they gave were highly practical, others were strictly a mark of good taste.

By Peg Rumely, Home Furnishings Editor



2 Photograph: Bill Maris. Interior Designer: Sims Murray, Trade Winds, Inc. Source: Estelle Bond Guralnick

1. Although partial to red, a New Orleans family was reluctant to use such a spectacular color in large doses. "We felt an all-red living room might be too much day after day," said the homemaker, "especially in our hot, humid climate. We wanted to show the cool side of red." Their solution was to temper red with equal amounts of royal blue. They matched the oversize proportions of their sectional sofa with a large-scale fabric pattern which they repeated on an armchair. The lively red/blue scheme was carried onto the walls with a subtle stripe. Accent pieces were chosen in undiluted shades of both colors.

2. A potpourri of pattern and bright colors gives this small sitting/guest room a truly happy atmosphere. "We wanted a cheerful room for overnight guests and a spot the whole family could enjoy, too," explained this Cambridge, Massachusetts homemaker. An updated French fabric, fashioned into tieback draperies and cornice, sets the tone of this basically traditional room which is a blend of old things given an exciting new look. Keeping pace with the high-voltage colors is a profusion of pattern on every possible surface. A chartreuse-covered sleep sofa successfully cools down this very warm scheme.

3. An energy-charged five-year-old should have a room to match his own high spirits. One New England mother gave her son exactly that. To a peppy red, white and blue scheme she added generous helpings of two very strong patterns. A regimental stripe fabric covers the walls and window shade. In place of conventional bedspreads—deeply tufted comforters in a crisp plaid. On the wall, two familiar comic strip characters register their approval.



Photograph: Lisanti. Builder: Holly Development Corp., Centerville, Mass. Designer: David Bell, A.I.D. Bloomingdale's
Opposite: Photograph: Bill Bruton, Alderman Studios. Interior Designer: James A. Tapp

"We wanted to show the cool side of Red."

"With green, we enjoy spring all year round."



Photographs: Bill Hedrich, Hedrich-Blessing. Interior Designer: William Renick. Source: Patricia Mertz

Buying information, page 130

1. Living in an older house has its own special problems. One of the most pressing is how to make scarred walls look presentable. A decorator husband solved this dilemma by using a deep-toned background color. He painted the kitchen walls a bronze olive which camouflaged defects and complemented a collection of Early American memorabilia. In place of a conventional table—a draftsman's table painted the same olive tone as the walls. High stools cushioned in calico are used for seating.

2. A Minnesota winter can be long and bitterly cold, as anyone living in that northern clime will readily agree. "Instead of waiting impatiently for the first robin to appear," said one homemaker, "we've devised our own way of beating the calendar. With green, we can enjoy spring all year round." The treillage wallpaper sets the garden mood and rattan screens, which flank a sliding glass door, support it. Bright accents of fresh yellow point up the buoyant springtime mood.

3. A dedicated antiquer from Detroit credits a Tiffany shade with both the style and colors of this guest room. "Once I'd found the shade, the whole room sort of fell into place. We painted the walls olive below the chair rail and the remainder white." This restrained use of green in the background keeps the room from appearing too heavy. Glass beads at the window recall the past as does the big brass bed. Rivaling the Tiffany shade as a focal point is a handmade rug from Portugal which brings a dash of poppy red to this verdant setting.



Interior Designer: Don Wrede, Shillito's, Source: Patricia Mertz

3 Source: Elizabeth Noah



Opposite: Photograph: Bill Hedrich, Hedrich-Blessing. Designer: Dotti Poston. Source: Patricia Mertz



Photographs: Lisanti. Interior Designer: Ann Bolitski, Jordan-March. Source: Estelle Bond Guralnick

"Breezy Orange always buoys me up."



Richard Ryan for Bloomingdale's Bergen County

1. "I spend eight hours a day in a clinical-looking office," said a working wife. "When I come home at night I want to be surrounded by color—preferably my favorite one. Breezy orange always buoys me up." Given the go-ahead by her husband, she painted their downstairs den with deck enamel for that wet look. The couple constructed four plywood panels and fitted them into a ceiling track. A painted supergraphic design flows onto the solid end wall, giving the entire window wall an unbroken look. To underscore the potency of so much orange, furnishings in the den were confined to black and white.

2. This colorful "happening" occurred when a Boston teenager announced she simply couldn't live without flower-power furniture. Diplomatically guided by her mother, she played up the floral pattern (screen-printed onto the furniture) by using solid colors elsewhere in the room. Lone exception—plaid in upholstered chairs, which is quite compatible since it features the same sizzling shades. Melting into the scheme are a multi-shag rug and mushroom stools which echo the gold of the coverlets.

3. This architecturally exciting room demanded a strong color scheme to dramatize its unique character. So an East Coast family chose tangy orange to spotlight a series of canted walls. They then unleashed this lively color on vinyl tile floor, velvet-upholstered sofa and lacquered cube table. A rich background of deep purple walls, ceiling and area rug doubles the effect of this stimulating shade of orange. Sectional seating adds soft lines.

"You never feel depressed
in a Yellow room."



Photographs: Bill Hedrich, Hedrich-Blessing. Interior Designer: James Jones, Shillito's. Source: Patricia Mertz



Interior Designer: Mary Ellen Methot, Closson's. Source: Patricia Mertz

1. Lack of natural light prompted a Cincinnati family to paint their small den/guest room a bright canary yellow. "The only window in the room looks smack into the wall of a neighbor's house," said the husband, "and the atmosphere was pretty gloomy." But once this family found the courage to use a spotlight color on the background, the whole room immediately snapped into focus. Popsicle purple—for the painted Parsons-style table desk, matted pictures and sofa bed upholstery—proved a surprisingly effective accent color. A touch of kelly green in the chair cushion brings still more sparkle to the scheme.

2. "For our living room, we chose yellow because it's alive and makes us feel that way," explained a midwestern homemaker. "You never feel depressed in a yellow room." Floral stripe wallpaper accents an end wall and reappears on hinged plywood screens which flank a pair of six-foot sliding glass doors. Backsides of the screens were painted yellow to match the sheer draperies. A wallpaper-coordinated fabric upholsters a graceful wing chair. Twin armchairs in green velvet temper the brilliant yellow.

3. Some people like a feeling of serenity in the master bedroom, and they achieve it with pastels or pale tints of their favorite colors. Others, like the North Carolina couple who lives here, prefer the stimulus of strong primary colors. Here equal amounts of bright blue and yellow are pitted against each other with electrifying results. A contrast of textures also enlivens this contemporary scene—the wet look of vinyl bedspread, chair upholstery and drapery—the sheen of chrome and painted furniture—and the thickly tufted softness of a shag rug.

Photograph: Bill Bruton, Alderman Studios. Interior Designer: Robert Sellers

Buying information, page 130







Photograph: G. Suter, Hedrich-Blessing. Interior Designer: Robert E. Dittmer



Photograph: G. Suter, Hedrich-Blessing. Interior Designer: Robert E. Dittmer

1. Newly married, an Indiana couple had only limited funds for decorating their first home. "We decided on a rich blue/purple for the dining room walls," said the bride, "and then painted our auction-acquired furniture chalk white. Somehow the deep-toned background brings out the best in our castoffs." The newlyweds' one brand-new purchase was an area rug in emerald green, a color they repeated in a paisley table runner.

2. Bright blue bandannas initiated the crisp color scheme in this bedroom occupied by an active seven-year-old. Explained his mother, "We wanted something different from the toy soldiers, cars and animals you usually find in wallpaper designs for children." Here a vinyl-coated wallpaper covers the walls and silhouettes the white furniture pieces. Real cotton bandannas were appliqued on a tangerine blanket, which doubles as a bedspread, and were also fashioned into a pillow cover. The tangy tangerine accent reappears on painted window frame.

3. A brilliant turquoise bathes the walls of a boy's bedroom in an Illinois home. The dominant color as well as accent hues were taken from a Marimekko fabric, the young occupant's sophisticated choice for a bedspread. Dormer was dramatized with stark white paint. The window treatment is clean and uncluttered, reflecting the overall simplicity of this decorating scheme. Frames were painted deep blue, and white slatted shades hung over the openings. Surprise color accent: bright green desk.

4. Faced with a small, dark entry, a New Hampshire family took the less obvious color route. "Instead of painting the area with a light color to make it appear bigger," said the husband, "we let blue go dark and richly dramatic." They schemed the entry around a lush navy blue patterned wallpaper which, while subdued in tone, has a vibrant quality. This same deep hue was used to paint the woodwork, front door and closet door.



Photograph: Bill Maris. Interior Designer: Sims Murray, Trade Winds, Inc. Source: Estelle Bond Guralnick

"We let blue go dark and dramatic."

Opposite Photograph: Bill Hedrich, Hedrich-Blessing. Interior Designer: William McWhorter, A.I.D. Source: Patricia Mertz



Photograph: Bill Hedrich, Hedrich-Blessing. Interior Designer: Robert G. Curtis. Source: Susan Taylor

Buying information, page 130

1. How do you create a color scheme with masculine *and* feminine overtones for a master bedroom? You could begin as a man and wife in Denver did, by selecting a fabric which is pleasing to both. "In this stylized pattern," explained the wife, "we found a medley of warm earth tones which we like best since we're both naturalists." Grayed walls foster a feeling of restfulness and also show off the pattern to good advantage. Leather campaign chair and stool have a masculine look while the fur throw and bronze shag carpet suggest a feminine softness.

2. A deep chocolate brown fills this suburban Chicago living room with warmth. The physician and his wife who live here chose a low-key scheme to help him unwind from the pressures of his practice. "The soft brown color has the soothing effect of a tranquilizer," commented the doctor. "It's easy to relax in a room with deep earth tones." Dark walls also silhouette the fine pieces of traditional furniture. Sole pattern statement in the same rich brown is the crewel embroidery on a wing chair.

3. New England's rigorous weather prompted one family to choose a warm cinnamon for their living room walls. "We're housebound a good part of every winter, so we wanted a cozy look indoors," confided this Maine wife and mother. A velvet-covered Recamier, thickly tufted area rug, and wicker and chrome pull-up chair complement the room's low-keyed scheme. The subdued background, with only a token accent of pattern, makes a perfect backdrop for an exquisite tabletop collection of crystal.

Photograph: Bill Hedrich, Hedrich-Blessing. Interior Designer: James Jones, Shillito's. Source: Patricia Mertz

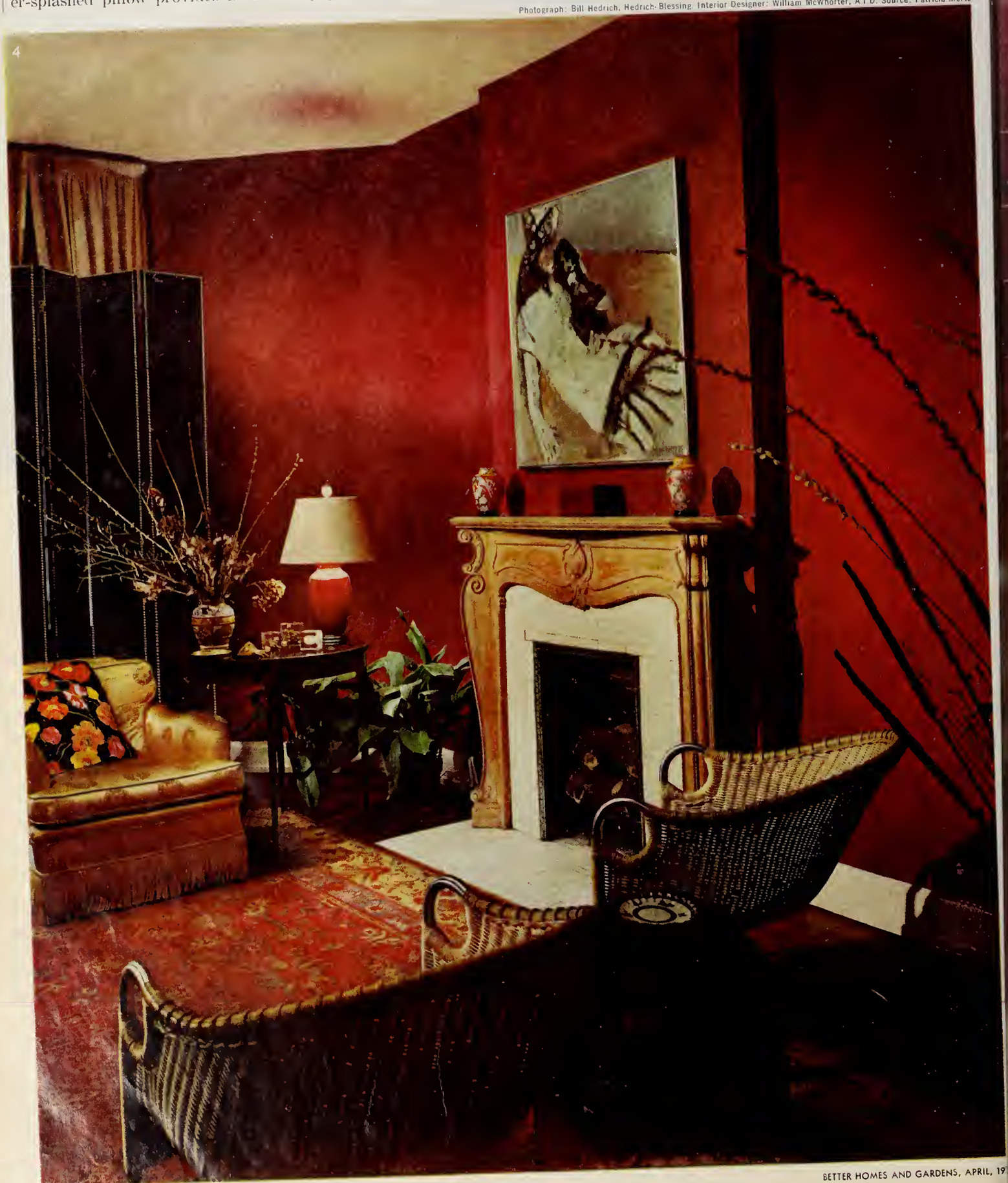


Photograph: Hedrich-Blessing. Source: Jessie Walker

"It's easy to relax in a room with deep earth tones."

4. Time only enhances the mellow tones of an oriental rug. If you're lucky enough to own one of these ageless beauties, you have a made-to-order color scheme. That's how one Ohio family reasoned—and with smashing results. Taking their color cue from the rug, they painted the walls terra cotta. Furnishings were kept to the neutral tones to avoid diluting the richness of the scheme. A flower-splashed pillow provides a secondary pattern accent.

Photograph: Bill Hedrich, Hedrich-Blessing. Interior Designer: William McWhorter, A I D. Source: Patricia Mertz



Photograph: Lisanti. Source: June Edwards



graph: Pierre Cook. Source: Helen Greer

1. "It's an old custom—pink for girls and blue for boys—and in our family, it still works. Pink is feminine like my six-year-old daughter." A Florida mother backs up her statement by pointing to the bedroom she planned for her child. The room has all the sentimental charm of an old-fashioned valentine. Pink and red floral fabric was lavished on walls, windows and the canopied alcove which holds a snow-white wicker bed. Bright red in the rug, coverlet and painted desk serves to perk up the pink.

2. You don't have to ask why this Houston homemaker chose rosy pink for her sun porch. It sets off her own blonde beauty. "I love this spot for working on my needlepoint or enjoying a second cup of coffee in the morning," she said. "Being surrounded by such happy colors makes me feel good—even on the dreariest day." The flamestitch draperies in snappy yellow and pink can be tied back to reveal the view outdoors, or released to cover the glass when the late afternoon sun begins to flood the porch. White vinyl upholstered sofa and wicker pieces add to the room's open and airy feeling.

"Pink is feminine like my six-year-old daughter."

Colpur (below)
Two- to three-inch ball type.
Many varieties and colors.

By Hamilton Mason, Garden Editor, and Larry Grove, Associate



dahlias

are for the whole family. They're child's play to grow, good for arranging, fine for winning exhibition prizes—colorful year after year.



Croydon Masterpiece
Ten-inch informal decorative.
Sturdy stems hold blooms
up well, even in rain.



Exotic Dwarf
Two-inch flowers in Topmix
class, good for edging.

Gerrie Hoek
Five-inch formal decorative
of water-lily type.
Long-lasting cut flower.

Expo '58
Seven-inch incurved cactus.
Unusual striping and
blotching—good for exhibition.









Photographs: Hopkins Drawings: Red Fox Studio

Prairie Fire
Six-inch formal decorative.
Sets the garden aflame.

Frontispiece
Ten-inch straight cactus.
Award winner of good
substance.

Step by step to more and better

dahlias



Bushy, dwarf dahlias (which grow only one to two feet tall) are commonly started from seed. Sow three seeds per pot; cut off all but the largest seedling.



When soil is warm, transplant to the garden. Note fat tuber developed by the seedling. You will get a profusion of bloom and won't need to stake plants.



Standard dahlias are commonly started from tubers in spring when the soil warms up. Clumps lifted and stored over winter must be divided before replanting. Cut through stem stub with a sturdy knife and get a part of the crown with each root. If all this throws you, buy starts at a garden center. They'll cost a bit more but you'll save yourself a lot of time and work.



If you buy only one tuber of an expensive variety and want to have more of the same, take cuttings of shoots (above) and root them in coarse sand or half perlite and half peat. Take about five inches of stem, leaving two pairs of leaves. Transplant outdoors when rooted and all danger of frost is past.



Before planting, set 1x2 stakes for supporting the plants. If you drive a stake later, you may damage tuber. Make planting pockets four inches deep by each stake. Set tubers horizontally with the crown (from which buds arise) by the stake. Use care if tender buds show. Cover tubers only an inch or two. Then fill in later as the shoots continue to grow.



Make a shallow basin around each plant to hold water. As plants grow, more water is needed. Too much nitrogen will give lush foliage but few flowers. To be safe, use a low-nitrogen fertilizer formulated for bulbs. You'll find it at any garden center.



Allow only one shoot to grow per tuber and when it has two pairs of leaves, pinch out the tip. The stems that result will need tying as they grow and become heavy.



As each new stem matures watch for flower buds and re move every side bud on each stem. This directs all the strengt into the large terminal bud fo choice bloom. You want only th best if you're going to exhibit.



If you must cut dahlias in th heat of day, char the cut for ea intake of water. Watering dee and often means the foliage ar flowers will be gorged with liqu during late evenings. If you c flowers then, cut the stems on slant under water and blooms w hold up well for indoor use.

ne van der Zwet
ree-inch single dwarf.
olific bloom—
edging.



Libretto
Three-inch collarette.
Full color range.





Shot
-inch formal decorative. Good size for
ngements.



Pari Taha Sunrise
Five-inch semi-cactus. Heavy
bloomer, good for cutting.

Third in a five-part series on new living patterns





Patio Houses

Outdoor living with indoor privacy

By Stephen Mead, Architectural Editor

It used to be that if you wanted seclusion you moved to the suburbs. But as suburbs grew bigger and more crowded, the old privacy was often lost. Now a new type of house-and-land arrangement lets you regain that quiet, residential atmosphere and live in an inexpensive, spacious and contemporary home. We call it the "patio house." We think you'll like it. Here's why.

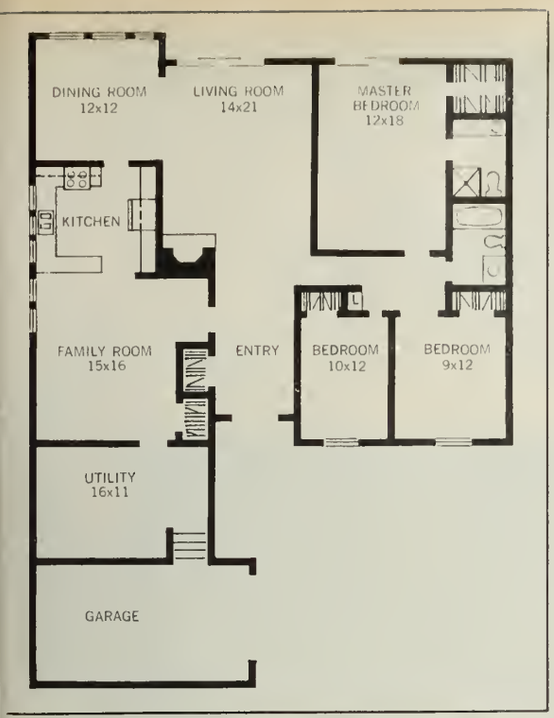
The patio house substitutes a completely enclosed deck and patio area for the wide-open yard of the conventional suburban house. Six-foot walls surround the outdoor spaces to give you maximum privacy. You can entertain friends, lie in the sun or enjoy a candlelight dinner on the deck without worrying about neighborhood sightseers. Such outdoor living with indoor privacy allows you to use and enjoy your backyard more than you ever thought possible.

There are dollar-and-cents advantages too. You pay less for a patio house because of its smaller lot; and having a deck and patio instead of a lawn means fewer upkeep demands on your time and budget.

Our example house, found in the new town of Columbia, Md., is built on a cul-de-sac lot plan that conserves land while protecting the individuality and privacy of each house. Though built on less than one-fifth of an acre, it would work well on any lot. The outdoor area in the rear is divided into two main areas: a patio off the family room and kitchen, and a pool and deck area adjoining the living room and master bedroom. Wide windows and three sliding glass doors promote a casual indoor/outdoor living pattern, both visually and functionally.

The accommodating 2137-square-foot floor plan provide







for wide-open spaces to match the outdoor mood. Set off to the quiet side of the house is the bedroom wing. Note the windowless wall on the right side (see plan); it serves as a privacy wall for the house next door.

The high-sloped ceiling and large glass areas make the living and dining areas bigger and brighter. Open the door to the trellis-covered deck, and you double your entertaining space. The patio, family room and kitchen constitute another in-and-out activity center. A sliding glass door connects family room and patio. A pass-through window links the kitchen with a serving counter outside. And what could be more conducive to creative cooking than this contemporary kitchen with its wide-open sunshine view?

Better Homes and Gardens House Plan 4104-A. To order, see page 143.



Court view photograph: Bill Helms
Photographs: Hans Namuth
Architect: Donald B. Ratcliff, A.I.A.
Builder: Howard Homes Corp.
Interior Design: Jesse Benesch and Assoc.
Landscaping: Ten Oaks Co.
Source: Kit Tyson

Buying information, page 130

China Chicanery

Elizabeth D. Craster, Home Entertainment Editor

There's no such thing as being stuck with a china pattern. Too formal, you think, or too demanding in design. Impossible to give your table a different look. But not so! Just to prove our point, we've experimented with one plain and one fancy pattern and show you how versatile table settings can be when accessories are changed and vivid backgrounds added. Make the most, too, of spring flowers used in dramatic and exciting ways.



Photographs: Hopkins

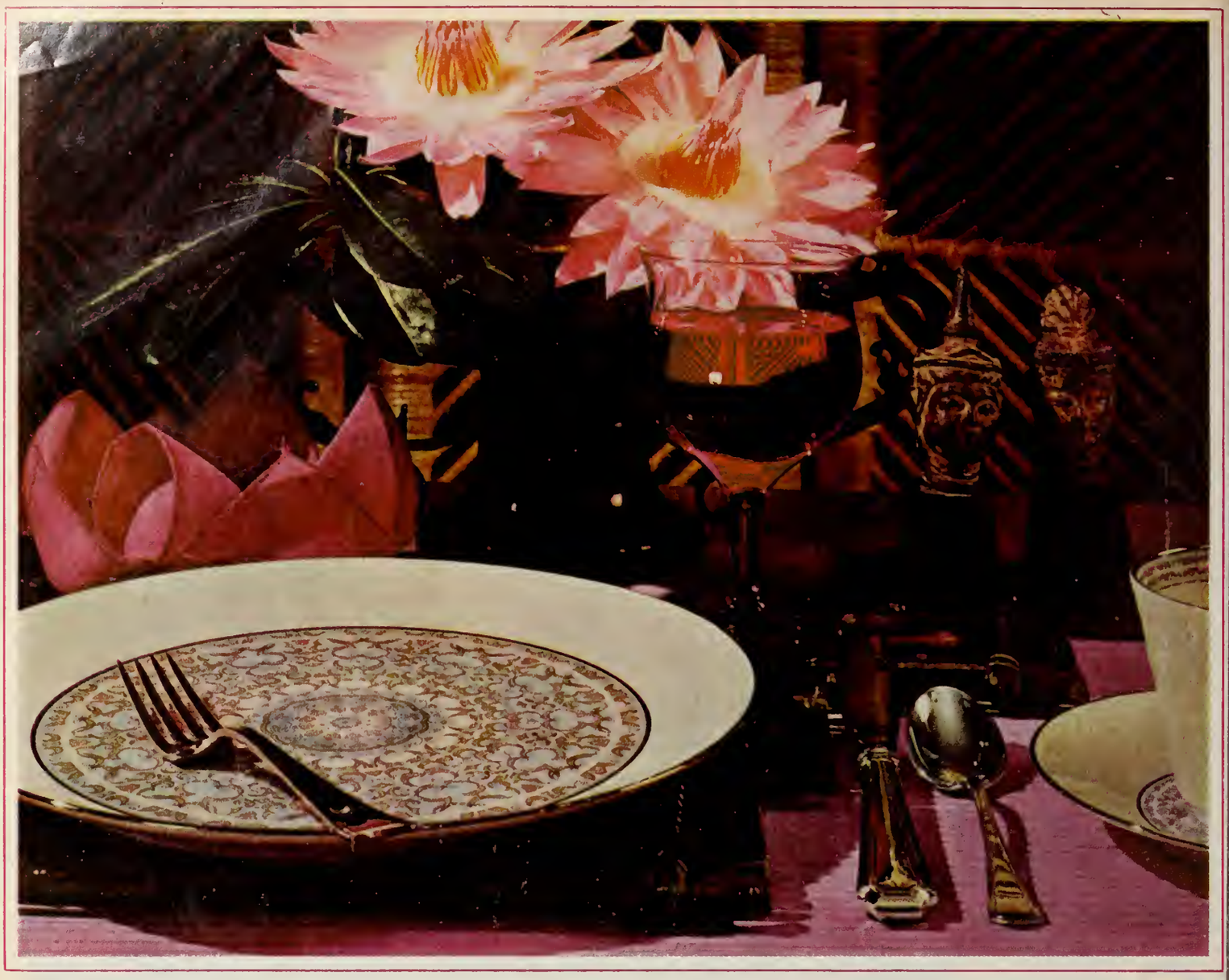
An interplay of black and white underscores the simplicity of this Silver Lining china. The components: black-and-white Contrast pattern goblets, jet-black place mat and white ceramic flower container. Only touch of color lies in the bold napkin and roses. Just because a table setting is as formal as this doesn't mean you can't take liberties. Go ahead and mix the silver. Here stainless, gold-tipped Touch of Gold pattern is teamed with Grand Carino butter spreader. Try our contemporary row-on-row flower grouping.



Combine fine china and pottery? Why not. Try a pepper-red pottery pot-de-creme and saucer (above) for a first course on the same white china. Or use red pottery dessert and cups and saucers for an accent. Overscale polka dot cloth and vivid Betsy Ross pattern tumblers enhance the carefree setting. Use a pouf of daisies for a centerpiece and the elegant Colonial Theme sterling.

Colored glassware works wonders. At right, hacienda table scene is achieved with Madeira pattern sherbet and tumbler, Pierced Baroque stainless. A brilliant bouquet of Ranunculus, an embroidered cloth and a hand-painted candlestick with jaunty green napkins carry out gold and moss tones.





China Chicanery

Don't think an overall pattern prevents variety in table setting. Look at the diversity of color scheming we've brought into play with the stained-glass elegance of new Projection pattern china. Above we've used one of the subtle hues of the design, a dusty rose, throughout the setting: wide-ribbed cloth in a clear pink, lotus-folded napkin in a sharper tone, cranberry stemware and two giant water lily blooms. (You can use any pale pink spring flower available.) When you're working with a monochromatic setting, you need some color accent. We used the warm reddish brown tones of bamboo place mats (excellent table protectors if plates are hot), fragile gold and black Chinese figurines and a rich bronze container for the centerpiece. A straight-lined, understated flatware pattern, Fairfax sterling, contrasts effectively with all the round shapes in china, flowers, figurines and crystal.

Gay as a carousel is the effect when you take the basic shade of your china pattern and intensify it in your setting accessories. That's what we have done here. Starting with the cloud blue of the pattern, we added three predominating variations: the mauve of the glassware salad plate, the Bristol blue of the goblet and the deep purple of the mat-over-cloth combination.

When you use your china informally, as we have here, choose coarse textures like the Brittany-type toile cloth and straw mat, the wood-grained basket container and short boat-shaped candle holders filled with peasant candles. Keep flower arrangements full and loose like our flurry of paper-white narcissus, blue and lavender delphinium and baby's-breath. Seek out glassware in dramatic hues and don't be afraid to use two or more colors. Start a collection of napkins in solid tones and spectacular prints. Deeply grooved tumblers of the pressed glass type work well with most informal settings. Now you can find handsome casual stemware to play up this colorful informality, too. You might consider indulging in an extra set of stainless tableware like this Spanish Scroll pattern.



Today's formal table is a far cry from the double-damask of a bygone era! Contemporary setting at right, combines a pastel ue cloth under an inexpensive lace cloth ith a matching lace-tipped napkin. To ve the china a totally new look, we've troduced a lustrous banded pattern, Venre, for salad, first course or dessert.

Forget the notion that you have to have mplete place settings. Once you have ur basic china, experiment with partial ttings (you can always complete them) at will complement or contrast with your ina. Cup and saucer, and salad in a different pattern can always be used for bridge dessert parties, and a stack of dinner ates is useful for buffets.

For our two china patterns, we've chosen ordinated stemware in Black Venture ttern. Hispana sterling silver fits in noothly with the understated elegance of is table. To play up the eclectic look, e've spiced the setting with beehive-aped salt and pepper shakers, and silver rbon dishes used as butter plates. Pastel ttings won't fade away when a bold ac-nt like black stemware is added.



Buying information, page 130

Make mine Chocolate Strawberry Vanilla

Here are twelve tempting treats if you think any dessert is great just so long as it's Chocolate—OR your first choice is always Strawberry—OR your favorite is unfailingly Vanilla.



By Doris Eby, *Food Editor and Nancy Hopkins, Associate*

Photographs: Sno

Just as delicious as its namesake, our **Chocolate Eclair Cake** has a generous cream filling between layers of light chocolate chiffon. The chocolate icing, drizzled over the cake, is laced lightly with a web of creamy confectioners' sugar icing.

Candy Bar Pie is a favorite of kids of all ages. It begins with an almond-studded chocolate candy bar that goes into a luscious filling and ends with a crunchy coconut pie shell. Truly a convenient dessert to make ahead and go into the freezer.

You absolutely can't miss your flavor aim with these **Double Chocolate Meringues.** Add a scoop of your favorite chocolate ice cream to filbert-studded meringues and top it all off with an elegant Chocolate Rum Sauce. Serve it either hot or cold.







CHOCOLATE

To serve Chocolate Fondue, let everyone just spear pieces of fruit, cake or cookie and dip them into the hot chocolate mixture. Our recipe has variations: a bit of peppermint, brandy, orange liqueur or coffee flavoring for chocolate with a difference.

Recipes begin on page 94

STRAWBERRY



A cake rolled around a luscious crimson layer of strawberry filling and wrapped in a layer of fluffy whipped cream makes our party-perfect **Strawberry Cake Roll.** It's truly a treat to enjoy year round because you make it with frozen strawberries and strawberry gelatin.

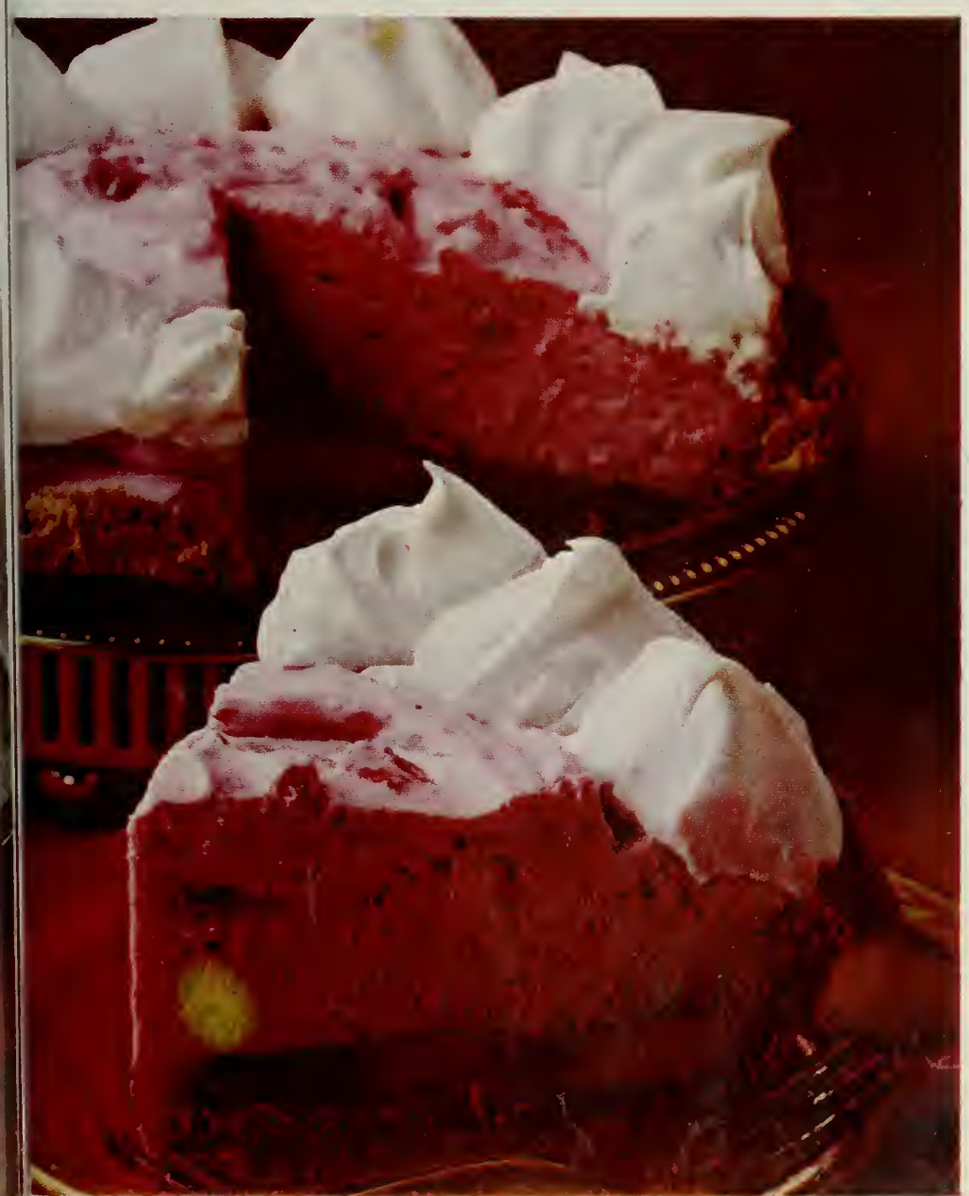
For the strawberry fancier, here's a tri-berry make-in-a-jiffy dessert. Our **Strawberry-on-Strawberry Compote** has a strawberry ice cream and strawberry yogurt topper for a bowlful of fresh strawberries. You can prepare it ahead, too, in individual sherbets for ease in serving.





Our masterful **Strawberry Charlotte Russe** is strawberry top to bottom. The ladyfingers are sandwiched with strawberry preserves to spark the bottom and center of the Russe. The light and fluffy filling inside the standing ladyfingers boasts cool strawberry gelatin.

Recipes begin on page 94



Strawberry Ribbon Pie starts with one basic mixture for both layers. The red "ribbon" is poured into the pie shell, then the rest is whipped and lightened with whipped cream and egg whites, and piled atop the red layer. Frozen strawberries are the basics here.

vanilla



Vanilla Sour Cream Cake tastes as elegant as it looks. Layers of white cake are enhanced by a fluffy icing, then crowned with tinted coconut. The key ingredient is vanilla sugar. To make it, add a vanilla bean to granulated sugar, then let it age two weeks.

Buying information, page 13



If you're a chicken soup fancier, try chicken soup fancier. Campbell's Cream of Chicken Soup.

It's a fancy first course. And a fancy sauce, too. Because Campbell's uses tender light-meat chicken from breasts and wings. And tender dark-meat chicken from thighs and legs. And thick, rich cream. Just to make it even fancier. Why cook plain when it's just as easy to cook fancy?



M'm! M'm! Good!

Kraft Salad Days are here.

Because now's the time to concentrate on salads—while your grocer is concentrating on all the good things that go into them ...lots of dewy greens, juicy fresh fruits, crisp garden vegetables.

Now's the time to pick up fresh new ideas from Kraft. Lots of springtime salad recipes with all the right Kraft dressings to go with them. Cut out the ones you see here, for starters. Watch for many more Salad Days recipes on Kraft Music Hall. And you're all set for Spring!

LET'S HEAR IT FOR FRESH DEWY GREENS!
On a fresh, crisp salad or mold, there's nothing in the whole world like Miracle Whip. Its uncopyable blend of fresh-ground spices is worth a cheer any time of the year . . . on any kind of vegetable.



MOUNTAIN TOP MOLD
1 envelope unflavored gelatin, 1 cup cold water, ¾ cup Miracle Whip Salad Dressing, 2 tablespoons honey, 1 3oz. pkg. Philadelphia Brand Cream Cheese, 2 3oz. pkgs. lime flavored gelatin, 1½ cups boiling water, 1 12oz. can ginger ale, 1½ cups drained Fresh-Chilled™ Fruit Salad from Kraft, 1 cup Kraft Miniature Marshmallows.

Soften gelatin in water; stir over low heat until dissolved. Cool. Gradually add salad dressing and honey to softened cream cheese, mixing until well blended. Stir in gelatin. Pour into a 2-quart mold; chill until almost firm.

Dissolve lime gelatin in boiling water; add ginger ale. Chill until thickened; fold



in fruit salad and marshmallows. over molded layer; chill until firm. nish with maraschino cherry, if de 8 to 10 servings.





EE CHEERS FOR A COOL, CRISP SALAD!
hail the noblest, newest Caesar of
n all. New Kraft Golden Caesar
ssing. Spirited. Sharpened with Ro-
o Cheese. Tempered with anchovy.
ined to bring glory to a salad.
ou'll love the Unforgettable Island.
ft Thousand Island Dressing. Thick,
easy-pouring. With just enough tart
bits of pickle relish to sparkle up
favorite salad.

IPASTO GENOVESE
ed asparagus spears; cauliflowerets;
eled cucumber, thinly sliced; pitted
olives; cherry tomato halves; mush-
caps; Kraft Golden Caesar Dress-
Kraft Natural Provolone Cheese,
d, cut in triangles; Salami slices,
d.

arinate asparagus, cauliflowerets,
mber, olives, tomatoes and mush-
s in dressing several hours; drain.
nge marinated vegetables, cheese and
ni on lettuce-lined platter. Serve as
ppetizer or main dish salad.

SALAD SICILY
Romaine lettuce, torn in bite-size pieces; salami cubed; zucchini strips; carrots; sliced red onion rings; hard-cooked egg wedges; Kraft Golden Caesar Dressing.

Combine lettuce, zucchini, carrots, and onions; toss lightly. Garnish with egg wedges. Serve with dressing.

DANDY DIPPER
1 8oz. pkg. Philadelphia Brand Cream Cheese; 1 8oz. bottle of Kraft Thousand Island Dressing; 1 hard-cooked egg, chopped; 2 tablespoons chopped parsley.

Combine softened cream cheese and salad dressing, mixing until well blended. Stir in egg and parsley. Serve with crisp vegetables.

KRAFT
Division of Kraftco Corporation



A NICE ROUND OF
APPLAUSE FOR JUICY, SWEET FRUIT!
Is Kraft Mayonnaise the mayonnaise lovers' mayonnaise because it's smoothly blended and made with lots of eggs? No! Because the taste is better. Especially on juicy, sweet fruit.



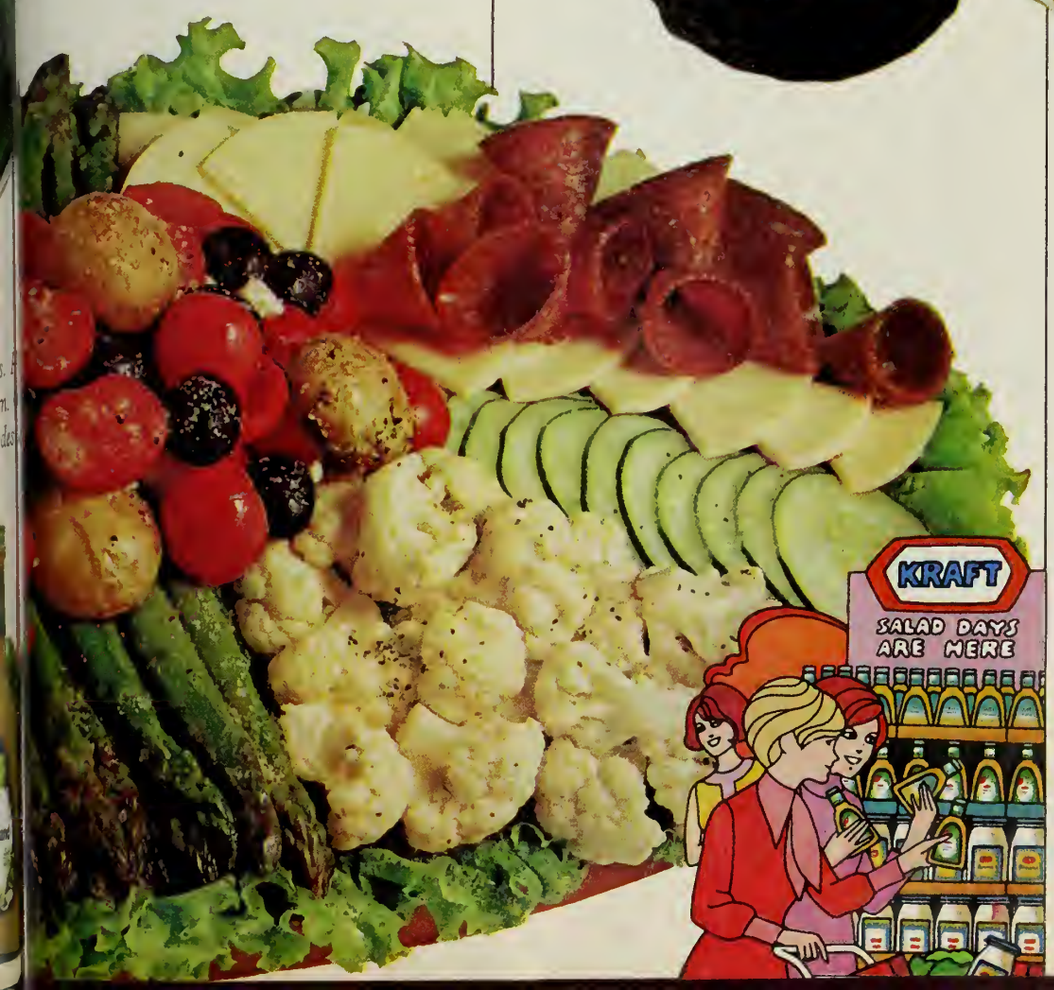


FRUIT RHAPSODY
Grapes, orange slices, blueberries, strawberries, cantaloupe wedges, honeydew melon wedges, fresh mint, Topaz Dressing.

Arrange fruit on platter. Garnish with mint. Serve with Topaz Dressing.

TOPAZ DRESSING
1 Tablespoon grated orange rind, ¼ cup shredded coconut, 1 cup Kraft Mayonnaise, ½ cup heavy cream, whipped.

Combine orange rind, coconut and mayonnaise. Fold in whipped cream. Sprinkle with additional coconut and orange rind, if desired. Makes 2¼ cups.



CELEBRATE SALAD DAYS ALL YEAR LONG!
Look for Kraft Salad Days Display at your grocers—and watch for more Salad Days Recipes on Kraft Music Hall.

When are Salad Days?
Now. At stores everywhere.



Bean soup bargains

You can't beat dried beans for stretching a meal and/or a budget. Try this trio of chowders and turn dried beans into liquid assets.

Tomato-Lima Soup

12 ounces (1½ cups) dried baby lima beans
1 16-ounce can (2 cups) tomatoes, cut up
1 8-ounce can tomato sauce
1 cup finely chopped onion
1 cup finely chopped celery
2 vegetable bouillon cubes
1 teaspoon salt
½ teaspoon chili powder
¼ teaspoon worcestershire sauce

Rinse beans; place in large saucepan with 6 cups water. Bring to boiling; simmer 2 minutes. Remove from heat; let stand in water at least 1 hour. Add remaining ingredients; bring to boiling. Reduce heat and simmer, covered, for 1½ to 2 hours, or till beans are tender. Mash beans slightly with potato masher if desired. Makes 6 to 8 servings.



Photographs: Photography, Inc.



Vegetable Bean Soup

16 ounces (2 cups) dried navy beans
1 meaty ham bone (about 1½ pounds)
1 clove garlic, minced
1 small bay leaf
1 cup cubed potato
1 cup finely chopped onion
1 cup thinly sliced celery
1 cup diced carrot

Rinse beans; place in Dutch oven or large saucepan with 2½ quarts water. Bring to boiling; simmer 2 minutes. Remove from heat; let stand in water at least 1 hour. Add ham bone, garlic, and bay leaf to beans. Cover; simmer about 2 hours or till beans are almost tender. Add potato, onion, celery, and carrot; season with salt and pepper to taste. Simmer, covered, for 1 hour more. Remove ham bone and cut off meat; dice ham and add to soup. Reheat mixture just to boiling, stirring occasionally. Remove bay leaf before serving. Makes 8 servings.



Pinto Bean Chowder

16 ounces (2 cups) dried pinto beans
4 teaspoons chicken-flavor gravy base
1 tablespoon instant minced onion
1 teaspoon salt
½ teaspoon fines herbes
Dash pepper
1 tablespoon all-purpose flour
1 6-ounce can (⅔ cup) evaporated milk
6 slices bacon, crisp-cooked, drained, and crumbled

Rinse beans; place in large saucepan with 6 cups water. Bring to boiling; simmer 2 minutes. Remove from heat; let stand in water at least 1 hour. Add gravy base, onion, salt, fines herbes, and pepper. Return to heat and bring to boiling. Reduce heat; cover and simmer for 1½ to 2 hours or till beans are tender. Blend ⅔ cup water with flour; add with milk to beans. Heat to simmering. Sprinkle with bacon. Makes 6 servings.



Make mine chocolate, strawberry, vanilla

Begin's on page 82

Chocolate Eclair Cake
Will serve 12 to 16 with ease—
4 squares (4 ounces) unsweetened chocolate, melted
½ cup boiling water
¼ cup sugar
2¼ cups sifted cake flour
1½ cups sugar
3 teaspoons baking powd
1 teaspoon salt
½ cup cooking oil
7 egg yolks
¾ cup cold water
1 teaspoon vanilla
7 egg whites
½ teaspoon cream of tar
1 recipe Custard Filling
1 recipe Chocolate Icing
Confectioners' sugar icin
Thoroughly combine
chocolate, the boiling w
the ¼ cup sugar; cool. I
ing bowl, sift together
remaining sugar, the
powder and salt. Make
center of dry ingredie
in order: cooking oil, e
the cold water and the
Beat till smooth. Stir i
late mixture. In larg
bowl, combine egg wh
cream of tartar; beat
stiff peaks form. Pour
mixture in thin stream
tire surface of egg whi
in gently. Bake in ungre
inch tube pan in 325°
1 hour and 5 minutes
pan to cool; remove fr
Prepare Custard Fill
ing wooden picks for
split cake in 3 layers.
tween layers with Cust
ing. Frost with Chocola
Immediately pipe confe



Photographs: Dieter

sugar icing around top a
spatula through icing a
intervals to give web effe
till served.

Custard Filling: In s
combine ¼ cup sugar
cup cornstarch. Stir in
milk; stir in 2 beaten eg
and stir over medium
thickened and bubbly;
teaspoons vanilla. Cover
with waxed paper; cool.

Chocolate Icing: In s
melt together one 4-oun
age sweet cooking choc
3 tablespoons butter or
rine over low heat.
from heat; stir in 1½ cu
confectioners' sugar and
hot water (3 to 4 tables
make of pouring consist

Candy Bar Pie
Garnish with chocolate
slivered toasted almond
1⅓ cups grated coconut
2 tablespoons butter or
margarine, melted
1 teaspoon instant coffee
2 tablespoons water
1 7½-ounce milk choco

Co

Best Foods helps you put something new under the bun

TUNABURGERS



So creamy it won't separate even when heated in a recipe like this.
That's real mayonnaise. Whole-egg Best Foods.



1 (7-ounce) can tuna, drained and flaked
1/2 cup fine fresh bread crumbs (2 slices bread)
1/2 cup chopped celery
2 tablespoons minced onion
1/3 cup BEST FOODS® Real Mayonnaise
2 tablespoons chili sauce
1 teaspoon lemon juice
4 hamburger buns, toasted
Lettuce and tomato slices

Combine first 4 ingredients. Blend next 3 ingredients; stir into tuna mixture. Form into 4 patties. Fry in lightly oiled skillet over medium heat about 5 minutes, or until browned. Serve on hamburger buns with lettuce and tomatoes. Makes 4.

BRING OUT THE BEST FOODS AND BRING OUT THE BEST



Best Foods, a Division of CPC International Inc. CPC International


Six months
of California sunshine
burst free
when you open
a Sunkist orange.
Rip into one.
Enjoy it. Love it.
Come back to your senses. Sunkist.

Salads that speak for themselves.



crunch

Tossed salad is easily brightened up by adding *Bac•Os.*®



scrunch

Tomato Flower takes on a special flavor all its own when garnished with *Bac•Os.*



munch

Spinach salad perks up with new taste when sprinkled with *Bac•Os.*

When *Bac•Os* Vegetable Protein Product is sprinkled on salads, something wonderful happens. Once quiet salads come alive with new crunch and a flavor like bacon. Crispy *Bac•Os* from The *Betty Crocker* Kitchens help you crackle up every kind of salad, at any meal. So next time, use *Bac•Os*, and let your salads speak for themselves.

®Reg. T.M. for General Mills, Inc., brand of Vegetable Protein Product.

Make mine chocolate, strawberry, vanilla

Continued

candy bar with almonds, broken
4 cups frozen whipped dessert topping, thawed

Combine coconut and butter or margarine; press into 8-inch pie plate. Bake in 325° oven for 10 minutes or till coconut is golden. Cool thoroughly. In small saucepan, dissolve coffee powder in water; add chocolate bar. Stir chocolate mixture over low heat till melted; cool. Fold in whip dessert topping; pile into co nut crust. Chill in freez eral hours or overnight (will freeze solid).

Double Chocolate Mer

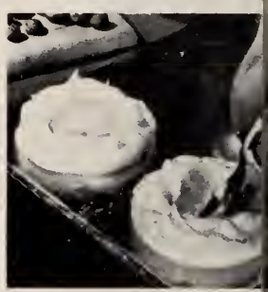
Try coffee ice cream, too

2 egg whites
½ cup sugar
¼ cup finely chopped filberts

• • •

1 12-ounce package (2 cups) semisweet chocolate pieces
2 tablespoons butter or margarine
½ cup light corn syrup
¼ cup milk
½ cup rum
Chocolate ice cream

Beat egg whites to soft Gradually add sugar, beating very stiff peaks form and dissolves. Cover baking with foil. Draw six 3 circles on foil; divide m among the circles. Sha



spoon to form shells. filberts atop. Bake in 27 for 1 hour. Cool.

Prepare *Chocolate Sauce:* In saucepan, melt late pieces and butter or rine over low heat. G stir in corn syrup and m till mixture is smooth. C stir 10 minutes. Remov heat; cool and stir in rum warm or cold.

Fill each meringue scoop of ice cream. T the sauce. Makes 6 serv

Chocolate Fondue

Next time, serve chocol ture in two fondue pot different flavoring in ea

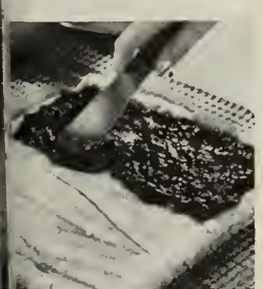
8 squares (8 ounces) sem chocolate
1 15-ounce can (1⅓ cup *sweetened condensed*
⅓ cup milk
2 tablespoons instant co powder *or* 4 ounces cr filled mint patties *or* 1 orange liqueur *or* ¼ brandy

In saucepan, melt ch stir in sweetened conden and regular milk ti blended. Heat through. coffee powder, mint orange liqueur *or* branc into fondue pot. Place o (If desired, thin fond more milk; fondue will as it stands.) Use as cookies, angel cake banana or pineapple strawberries, or other Makes 2½ cups sauce.

berry-on-Strawberry
ote
nd dessert, and so easy—
t fresh strawberries,
ed
strawberry ice cream
nce carton (1 cup) straw-
y yogurt
strawberries into large
te or individual sherbets.
e cream just to soften;
yogurt. Drizzle ice cream
e over berries. Makes 8
s.

berry Cake Roll
card party treat—
sifted cake flour
poon baking powder
poon salt

oon vanilla
sugar
• • •
nce package strawberry-
red gelatin
oiling water
nce package frozen
berries
2⅛-ounce package
rt topping mix
ether flour, baking pow-
salt. Beat eggs and vanil-
hick and lemon-colored.
lly add sugar, beating till
Fold in flour mixture.
batter evenly in greased
tly floured 15½x10½x
jelly roll pan. Bake in
en for 10 to 12 minutes
ghtly browned. Immedi-
osen sides; turn onto
sprinkled with confec-
sugar. Starting at nar-
l, roll cake and towel
; cool 30 minutes on
ill thoroughly.
while, dissolve gelatin in
vater; stir in frozen ber-
thawed. Chill till par-
ickened. Unroll cake.



with gelatin mixture;
refrigerator till gelatin
s almost set, about 10
Carefully reroll cake.
ral hours. Prepare des-
ing mix according to
directions; frost cake
frigerate till serving
kes 10 servings.

ry Charlotte Russe
ad to chill—
package strawberry-
l gelatin
gar
ter

1 cup tiny marshmallows
2 cups fresh strawberries
¼ cup sugar
2 tablespoons lemon juice
2 egg whites
16 to 18 ladyfingers, split lengthwise
Strawberry preserves
½ cup whipping cream

In medium saucepan, combine gelatin, the ¼ cup sugar and the water. Heat and stir over low heat till gelatin is dissolved. Add marshmallows, stirring till dissolved. Remove from heat; cool. In large bowl, combine strawberries and the remaining ¼ cup sugar; crush. Add gelatin mixture to strawberries along with the lemon juice and egg whites. Chill till partially set. Meanwhile, place 16 of the ladyfinger halves together with straw-

Continued



Remember arguing with your little brother about what kind of pie Mom should make? Pepperidge Farm remembers, and makes peace with individual Pie Tarts.

We have a tasty answer to settle the argument: our personal Pie Tarts. Each is a delicious piece of pie, richly filled in a squared-off, flaky crust. You buy them frozen, bake about 15 minutes at home. Try any of our delicious varieties tonight: Apple, Blueberry, Lemon, Coconut Creme, Chocolate, or Cherry.





ONE GREAT MEAL MAKES ANOTHER.

With Dole Pineapple.

Easter ham glaze: Blend together ¼ cup pineapple syrup, 1 cup brown sugar, ¼ tsp dry mustard. Spread on ham half hour before done. Top with drained pineapple slices. Baste often.

Leftover ham supper: Brown 2 cups ham strips in 2 Tbsp butter. Add 1 package long grain and wild rice mix with seasonings. Drain syrup from #2 can of Dole Pineapple Chunks. Add water to make 2½ cups liquid. Stir into skillet. Cover, cook until liquid is absorbed. Add pineapple chunks.



nothing but prime cut

The bottom of a pineapple ripens 2 weeks sooner than the top. It's the sweet, juicy part, the prime cut. All Dole Pineapple Slices and Chunks are nothing but prime cut.

Dole Company, Honolulu, Hawaii • A Division of Castle & Cooke, Inc.

Make mine chocolate, strawberry, vanilla

Continued

softened ice cream. Whip cream just till soft peaks form. Fold into ice cream mixture. Carefully spoon into prepared mold. Freeze. Unmold and serve with warm *Peach Sauce:* In saucepan, combine 1 tablespoon orange liqueur and 1 tablespoon cornstarch; stir in two 10-ounce packages of frozen peaches, thawed. Cook and stir till mixture thickens and bubbles.

Vanilla Custard

Other fresh fruits can be in the orange sauce—

1½ cups milk
1 3-ounce package no-bake custard mix
2 tablespoons sugar
1 8-ounce package cream cheese, cubed
½ teaspoon grated orange p
⅔ cup orange juice
2 teaspoons cornstarch
Sliced bananas and orange tions to make 1 cup

In saucepan, combine milk, tard mix and sugar; add c cream cheese and orange Cook, stirring constantly, mixture thickens and bu Remove from heat; beat rotary beater till smooth. into six ½-cup molds. Blend orange juice and c starch; cook and stir till t ened and clear. Cool; st fruit. Unmold custard; spo fruit sauce. Makes 6 ser

Snowy Vanilla Torte

With a light touch of lem

1½ cups finely crushed vani wafers (33 wafers)
6 tablespoons butter or margarine, melted
¼ teaspoon ground nutmeg
¾ cup sugar
1 envelope (1 tablespoon) u vored gelatin
Dash salt
1¼ cups water
2 egg whites
¼ teaspoon grated lemon p
1 tablespoon lemon juice
½ teaspoon vanilla
1 2- or 2⅛-ounce package sert topping mix
1 cup dairy sour cream

Combine vanilla wafer cr butter or margarine and nu Press firmly on bottom and of 9-inch springform pan;



In saucepan, combine s gelatin and salt; stir in v Cook and stir over medium till gelatin dissolves. Chil partially set. Add egg w lemon peel, lemon juice vanilla; beat till very fluffy. 7 minutes. Chill till partiall Prepare dessert topping mi cording to package direc fold into gelatin mixture with sour cream. Pile mi into prepared crust; sp lightly with additional g nutmeg. Chill till firm, s hours or overnight. Mak to 14 servings. ■

russels
routs
nanza



ated Brussels Sprouts

hors d'oeuvres—

ounce packages frozen
ssels sprouts
tarragon vinegar
cooking oil
l clove garlic, minced
spoon sugar
oon salt
ottled hot pepper sauce
spoons thinly sliced green
n

sprouts according to pack-
rections; drain. Combine
, oil, garlic, sugar, salt
ot pepper sauce. Add
and onion; toss. Cover
ill 8 hours or overnight,
often. Drain to serve.

Dieter



Sprouts

eed and curry make this
ecial—

nce packages frozen
ls sprouts
ayonnaise or salad
ng
oons grated parmesan

on celery seed
on curry powder
saucepan, cook sprouts
g to package directions;
lend together mayon-
rmesan, celery seed and
wder. Toss with hot
Makes 8 servings.



russels Sprouts Bake

oven-fried chicken—

e packages frozen
sprouts

2 slightly beaten eggs
1½ cups soft bread crumbs (2 slices bread)
1 can condensed cream of mushroom soup
½ cup (2 ounces) shredded sharp process American cheese
2 tablespoons chopped onion
Dash pepper
1 tablespoon butter or margarine, melted

Cook Brussels sprouts according to package directions; cut into quarters. In mixing bowl, combine eggs, ½ cup of the crumbs, the soup, cheese, onion and pepper. Stir in sprouts. Turn into 1½-quart casserole. Combine remaining crumbs and the melted butter or margarine; sprinkle atop sprouts. Bake in 350° oven for 50 to 55 minutes. Makes 6 to 8 servings.

"Very"

New Sego Instant challenges Carnation Slender to a taste-off.

New "Very" Sego Instant Diet Food has a new taste. Naturally sweetened. Very rich. Very thick. Very tasty "Very" Flavors. But don't just take our word for it. Let us prove it. Send us your name and address. We'll send you a free sample. Then compare it to Slender, or any other diet food you're using.



FILE UNDER BREADS

FAST COFFEE

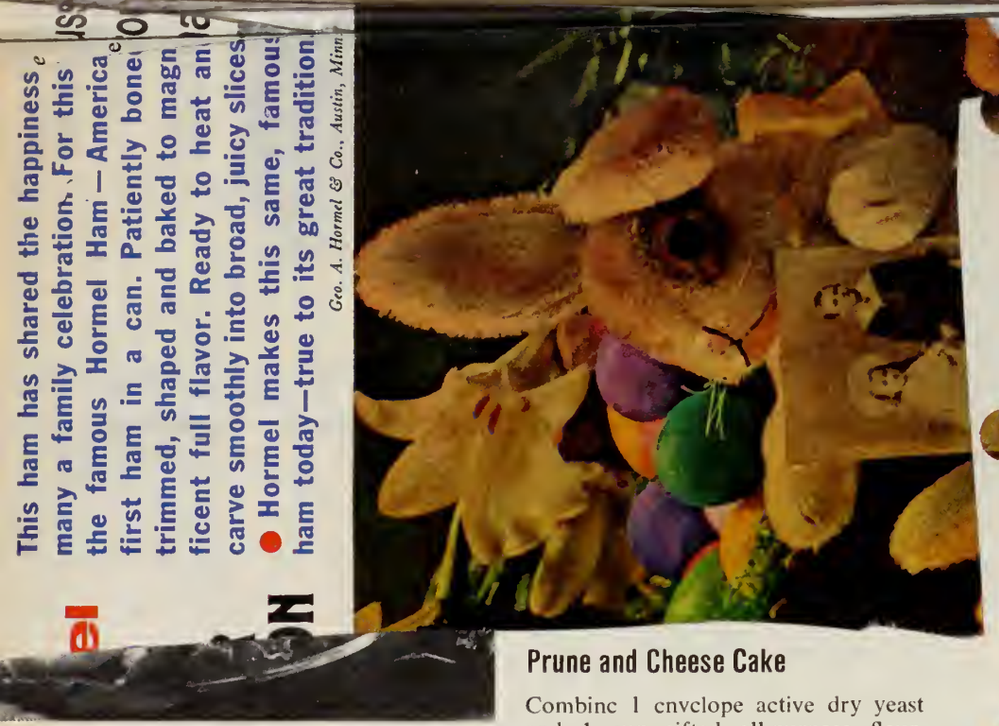
Peanut Butter Honey Co

This speedy double peanut tr
in the fast coffee cake categor

2 cups packaged biscuit mix
¼ cup butt
2 tablespoons granulated sugar
½ cup
½ cup
1 slightly beaten egg
bisc
⅔ cup milk
¼ cup
¼ cup honey
pea

In large mixer bowl, combine lated sugar; add beaten egg ar peanut butter (mixture will nc inch baking pan. Combine bro peanuts, butter or margarine cinnamon till crumbly; sprin 20 to 25 minutes or till cake

This ham has shared the happiness
many a family celebration. For this
the famous Hormel Ham—America
first ham in a can. Patiently bone
trimmed, shaped and baked to magn
ficent full flavor. Ready to heat an
carve smoothly into broad, juicy slices
● Hormel makes this same, famous
ham today—true to its great tradition
Geo. A. Hormel & Co., Austin, Minn.





Prune and Cheese Cake

Combine 1 envelope active dry yeast and 1 cup sifted all-purpose flour. Heat together ¾ cup milk, 2 tablespoons sugar, 2 tablespoons shortening and ½ teaspoon salt just till warm; stir occasionally to melt shortening. Add to flour mixture; add 1 egg. Beat at low speed of electric mixer for ½ minute, scraping sides of bowl constantly. Beat at high speed for 3 minutes. By hand, stir in 1⅓ cups sifted all-purpose flour. Place in greased bowl; turn once. Cover and chill well, 2 to 3 hours. Pat dough evenly into greased 15½x10½x1-inch baking pan, forming ridge around edges. Spread with one 12-ounce can prune filling; let rise in warm place till almost double (45 minutes). Bake in 375° oven for 15 minutes. Beat one 12-ounce carton (1½ cups) cream-style cottage cheese, 2 tablespoons sugar, 1 tablespoon all-purpose flour, ½ teaspoon grated lemon peel and ¼ teaspoon ground cinnamon till smooth. Beat in 1 egg. Spread atop prune filling. Combine ¼ cup graham cracker crumbs and 2 teaspoons sugar; sprinkle atop filling. Bake 10 minutes.

Mrs. Henry Stadler, Oshkosh, Wis.





Photographs: Dieter

Coffee Nut Roll

Quick coffee-flavored brunch bread—
¼ cup sugar
¼ cup chopped nuts
2 tablespoons all-purpose flour
2 tablespoons butter or margarine
1 teaspoon instant coffee powder
1 package refrigerated crescent rolls (8 rolls)

Combine sugar, nuts, flour, butter or margarine and coffee powder till crumbly. Unroll crescent roll dough. Moisten perforations and seal, forming a 14x7-inch rectangle. Sprinkle coffee mixture over. From narrow end, roll up jelly roll fashion. Place seam side down on greased baking sheet; seal ends. Form into semicircle. Make cuts two-thirds of the way through roll at 1-inch intervals. Turn each section on its side. Bake in 375° oven for 20 to 25 minutes.

Mrs. Edward Gerity, Denver, Colo.

Golden Coffee Cake

1 12-ounce can (1½ cups) apricot nectar
1 package hot roll mix
½ cup butter or margarine, melted
2 slightly beaten eggs
2 tablespoons sugar
½ cup currants
½ teaspoon rum extract
½ cup apricot preserves

Warm ¾ cup of the nectar; add yeast from hot roll mix and stir to dissolve. Add butter or margarine, eggs, sugar and the flour from mix; beat smooth. Stir in currants; turn into greased 8½-inch fluted tube pan or 2-quart mold. Let dough rise till double (1 to 1½ hours). Bake in 350° oven for 35 to 40 minutes. Meanwhile, heat together ⅔ cup of apricot nectar and the rum extract. With long skewer or 2-tined fork, make punctures about 2 inches deep at close intervals in top of warm cake as it comes from the oven. Pour hot nectar mixture over. Let stand 15 minutes. Invert cake on paper underlined cooling rack. Combine the apricot preserves and the remaining apricot nectar; heat through. Spoon over cake. Serve cooled or chilled.

Mrs. Phil Collard, Herrin, Ill.



The frosting tastes good.
Creamy.
He thinks it's "homemade."
Let him.

What real difference can it make if you used the mix that doesn't taste like a mix?

So ask him to close his eyes. Hide the Betty Crocker Frosting Mix package.

Kiss him. And just smile.

Every woman has a few secrets in her life.

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Cornmeal specials

These strawberry-filled cornmeal muffins taste equally good with breakfast coffee and dinner meat loaf. And what could be better for brunch or a light supper than crisp corn-studded waffles served with maple-flavored syrup and sausages?

Filled Corn Muffins

Inside each muffin is a surprise: hot strawberry preserves—

1 cup sifted all-purpose flour
2 tablespoons sugar
3 teaspoons baking powder
½ teaspoon salt
1 cup yellow cornmeal
1 egg
1 cup milk
3 tablespoons cooking oil
¼ cup strawberry preserve
Into mixing bowl, sift to
flour, sugar, baking powd
salt. Stir in cornmeal.
together egg, milk and c
oil; add to dry ingredient
just till smooth (don't ove
Fill 12 paper bake cups i
fin pans ⅔ full. Top ba
each bake cup with ab
teaspoon strawberry pre
Bake in 425° oven for 2
minutes. Makes 1 dozen m



Double Corn Waffles

Buttermilk waffles wit
cream-style corn and corn

1 cup sifted all-purpose fl
2 teaspoons baking powd
1 teaspoon baking soda
1 teaspoon sugar
½ teaspoon salt
1 cup yellow cornmeal
2 beaten egg yolks
1½ cups buttermilk
¼ cup cooking oil
1 8¾-ounce can cream-
corn
2 stiff-beaten egg whites
Into mixer bowl, sift
flour, baking powder
sugar and salt; stir in c
Combine egg yolks, bu
and oil; add to dry ing
Stir in corn. Fold in eg
Bake. Makes three
waffles. Serve with hot
flavored Syrup: Mix 1
corn syrup, ½ cup brov
and ½ cup water. Cook
till sugar is dissolved.
dash maple flavoring a
blespoon butter or m
Makes 2 cups syrup.

Phot



ow to ndle ything on e menu

bypass delicious dishes you're dining out because lon't know how to eat or which utensils to use.

er and crab are most of- ipped by the meek and rly. But half of the lure h seafood is the challenge ng it. For an easy start, broiled lobster tail. Start- ail end, slide cocktail fork under meat and loosen section from shell. Lift meat, cut it up, and dip ted butter. With a whole or crab, tie a big napkin under your chin and use ands to break tail from nd to pull off legs and The lobster cracker will he shell on the claws so n open them easily with igers.

the lobster pick or cock- k to extract meat from ind body. Meat may be out of the tiny legs. If posing as a true gourmet, green liver (tomalley) s (roe) of the lobster, too.

and oysters are easy to Pull steamed clams from ells by the necks—with igers, of course. Dip in then butter. You may e broth on the half shell, ure to wait till the sand When clams are served buttery sauce already in ll, slide the clam and nto your mouth all at he accompanying slurp- id is part of the scene. baked or broiled in ich as clams casino or Rockefeller is eaten from with a cocktail fork.

ts (snails) are delicate et and surprisingly sim- t. You'll be given small grasp the warm shells all fork to pull the snail shell. After you've eaten s you'll enjoy dipping bread slices in the left- tery sauce.

icken, when intended ger food, may be eaten ed for company or two- n picnics. Use a knife for big pieces or very casions.

li and noodles have countless diners with ng act. If you want to eat spaghetti as the Italians do, you won't use a spoon! Wind a few strands around your fork on the plate or bowl. It is permissible to cut the strands if that's easier for you to manage. The object is to savor the dinner, not wrestle with the pasta.

Artichokes belong to the thistle family and may appear just as unapproachable. Here's the way: Pull a leaf from the whole vegetable, dip base in sauce or melted butter and pull the dipped end lightly through your teeth—just once. Discard leaf to side of plate. After you've eaten all the leaves, scrape away cone-shaped furry thistle, if it's still there, and cut up the bottom. Dip and eat. ■

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Two personalized loving cups for $2.95 and an Accent cap.

Accent would like you to have two of these beautiful loving cups. Choose a different design for each cup, or order both the same.

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☐ design (one name only) ☐ design (one name only)

name

address

city state zip code

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Dinners on the Double

If the dinner hour is upon you and you haven't had time to begin . . . put the plates on the table. When your family starts checking on you, they'll be sure you have the situation well in hand.

For if there is a secret to meal preparation on busy days, it has to be the use of your head. Imagination and planning will get you much further than running.

Working wives and mothers may feel the most time pressure for evening meal preparation, but they don't have an exclusive on the problem. While they live with the everyday task of fixing quick dinners, a busy full-time homemaker has to meet the unexpected. She is forever faced with the day when the afternoon committee meeting lasts far too long or the 3 o'clock appointment becomes a 4:30 one.

PLAN FOR EMERGENCIES

Plan for problem days when you shop. Prepare for the unexpected. You can plan menus for a week without assigning days, striking a happy medium of quick-to-fix foods and longer-cooking foods. Stock an emergency shelf. A little careful thinking (considering your cooking habits and your family's tastes) will give you a good, long list of items such as packaged dinners, canned meats, soups, pancake mix, tomato sauce, toaster products, frozen vegetables, etc. Spend a few extra minutes in your supermarket on your next visit to look carefully at new convenience products, reading cooking directions with an eye to the time involved.

Keep a clear head as you evaluate preparation time, however. Remember, an oven meal that cooks slowly, but takes care of itself, may actually save you the most time. If you have an oven timer, use it to full advantage.

DOUBLE RECIPES

It takes practically no extra time to double a recipe. A casserole in the freezer can be a wonderful security symbol. Most every cooked casserole freezes well. You may find it helpful to line your casserole dish with foil before you pour in the casserole mixture. Double the excess foil over the top and seal. Freeze. When the mixture is frozen you can lift it out of the dish to save freezer space as well as to free your oven dish for other uses. When you are ready to use the casserole, just place

Unforgettable Soutl

Tonight, sail off into the sunset. Tahiti. Pago Pago. Let yourself go. With spirit and spice and everything nice.

How do you get there? Go the easy way. With Lipton.

A package of Lipton® Onion Soup Mix can turn an everyday dinner into something unforgettable. And the entire meal costs about a dollar a person—for all three courses.

Lipton knows how to mix just the right amount of fresh-tasting onion with just the right blend of seasonings. The results are positively "Ono, Ono!"*

*Tahitian for scrumptious.

SAMOA RICE

2 tablespoons butter or margarine
¾ cup chopped celery
1½ cups precooked rice
1½ cups hot water
1 envelope Lipton Onion Soup Mix
1 tablespoon lemon juice
½ teaspoon curry powder
¼ teaspoon ground ginger

In medium skillet, melt butter and cook celery until tender. Stir in rice, water, Lipton Onion Soup Mix, lemon juice, curry powder, and ginger. Bring to a boil, then simmer covered, 5 minutes or until rice is tender. Makes about 6 servings.



ıe foil package back in the dish you riginally used. You also will save clean-p time after serving from your foil-pro-ected dish.

Meatloaf is a good freezer product . . . ooked or uncooked. Forming the meatloaf to individual-size loaves may be advan-geous, especially if you can't always be ıre just how many people you'll have at e dinner table. The small loaves cook uch faster than a family-size loaf.

IAKE AHEAD DISHES

Think about tomorrow when you clean after tonight's dinner. Something made ıead now might well become a life-saver. esserts and salads lend themselves so well the refrigerator and can add the special uch to a quickly-fixed main dish. Cake, many other desserts, can be baked urs ahead of dinner.

On that day that's bound to arrive when ere isn't a beautiful cake waiting in the ngs for dessert, use your imagination in-ad of making a blunt "no dessert" de-ion. Imagine how quickly the children ght clean up their plates if they had a paper bake cup filled with candies sitting in front of them for dessert.

ADD VARIETY

When the whole family has been rushing about on tight schedules, you can add a touch of psychology with a dash of paprika, a candle on the table and a smile along with the dinner you whipped up in twenty minutes. A touch of Parmesan, herbs or lemon will give a frozen vegetable a different look and flavor and take only seconds. Variety is an important key to keeping quick meals from becoming "oh-no-not-again" affairs for your family.

Unexpected guests at your home will feel a double-welcome when you are able to serve a special snack . . . the one you had in the freezer, ready to pop into the oven for just such an occasion.

REWARDING

An "I don't know how you do it" from family or friends pays for all the thinking and planning that went into adding a special touch when things are especially hectic.

Help is everywhere. When you read through your magazines, cookbooks or any recipe source, consider time as one of the ingredients involved. You'll find there are plenty of quick-to-fix foods with appeal.

Try some of the ideas shown below and on the following pages of Family Food Ideas as you make your plans to produce dinners on the double.

FAMILY FOOD IDEAS

ADVERTISERS

Lipton Soup Mixes
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Pacific Tour



PAGO PAGO PORK TIDBITS
1 envelope Lipton Onion Soup Mix
3 tablespoons lime juice
2 tablespoons water
1 tablespoon chopped seeded canned hot peppers (optional)
1 teaspoon ground ginger
1½ pounds boneless pork butt, thinly sliced, cut into 1-inch squares
Cooking oil

In blender, blend Lipton Onion Soup Mix, lime juice, water, peppers, and ginger until smooth. In medium bowl, marinate pork in onion mixture at least 1 hour. Thread meat on 6-inch skewers; brush with oil. Broil, turning occasionally, 15 minutes or until brown and crisp. Makes about 6 dozen appetizers.

CHICKEN TAHITIAN
½ cup butter or margarine
1 envelope Lipton Onion Soup Mix
1 tablespoon cornstarch
1 can (20 oz.) pineapple chunks, drained (reserve ¾ cup liquid)
2 tablespoons lime juice
3 whole chicken breasts, split, boned, rolled and secured.

Preheat oven to 350°.
In small saucepan, melt butter; stir in Lipton Onion Soup Mix and cornstarch, then reserved pineapple juice and lime juice. Arrange chicken and pineapple chunks in 2-quart oblong baking dish; pour onion mixture over chicken and bake 45 minutes or until chicken is tender. Makes 6 servings.

FAMILY FOOD IDEAS



Take the time. Then take the credit.

Baking from scratch is as easy as baking someone else's pre-packaged ingredients. It's just not as quick. But what you bake in that little extra time is a very special kind of gift—the real thing. And only you can bake it this good, so only you can take the credit.

Now Fleischmann's new Rapidmix method makes baking the easiest yet. Just add Fleischmann's Yeast to your other dry ingredients, mix according to recipe, then bake. It's that simple. For many great bake-from-scratch recipes—including the Maple Pecan Ring above—just send 25¢ to: "Fleischmann's New Treasury of Yeast Baking", Box 21E, Mt. Vernon, N. Y. 10559.



FAMILY FOOD IDEAS

Make the most of your blender

With a little experimenting, you'll find a blender can be one of the handiest items in your kitchen. It can save you preparation time and energy. Soon you'll discover all sorts of foods you can whip up or chop down to size. The blender container washes in a wink when you pour in hot water and a little liquid soap and run the blender for a few seconds.

Here are a few quick tricks.

Chopping vegetables

• *Dry.* Cut the vegetables into one-inch pieces and add to the blender about a half cup at a time. Cover the blender container and turn it on for a few seconds, then turn it off. Repeat flicking the blen and off several times to the size and texture of th tables. When the ble stopped, the ingredients pushed toward the blade rubber spatula, if nec Repeat with more veg until you chop the amount. To chop mor tables at one time, liquid method.

• *Liquid.* Fill the blende three-fourths full with vegetables; add water t Cover the blender co and run for about five s Repeat, if necessary, t vegetables completely. them well. This method for coleslaw.

Crumbs

Bread crumbs, soft or a snap. Tear a slice of dry bread into about si and put into blender er. Cover blender and crumbs are of desired si and a half slices fresh yield one cup soft crum slice dry bread equa fourth cup fine dry cru

Cookie or cracker cru piecrusts or other dess easy too. Simply breal cookies or crackers i blender, then cover an till of desired texture.

Grating cheese

No need for skinned k when grating cheese. few one-inch hard chee into the blender co Cover and run till c grated to suit you. Fou cheese is one cup grate

Chopping nuts

Let the blender do yo ping for nutty desse salads. Chop about on shelled nuts at a time, low speed. The longer the blender, the finer will be. If you use a bl mix batter for breads the nuts can be chopp same time as the mixi

Ice

An easy way to blend beverage or other liq add ice cubes, one at while you're blending. to blend till the ice is c ly liquefied—you can s the ice is of desired make drinks "slushy," ice can be added to t age or liquid in the ble tainer. It's a foolproo make snow cones or s lar frozen daiquiris.

Liquefying and puree

Assorted vegetables (c raw) can be liquefied by adding liquid and till the ingredients are (To puree, use less liq for liquefying.) This n ideal for preparing ba beverages, salad dres sauces to be cooked. ■

WHAT IT DOES IS EVEN MORE SPECIAL THAN WHAT IT IS.

All the tomato bits, onions, green pepper and celery in our newest tomato sauce make it pretty special. But mostly it's special because all that flavor really puts pzazz in your cooking. Plain chicken turns into chicken creole. Stews, meatloaf, egg and fish dishes taste like they've never tasted with any other sauce. You'll see. Because when Hunt's says "Don't Scrimp on the Flavor," we really mean it.



ut more about chicken creole, jazzy
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FAMILY FOOD IDEAS

THE FASTEST ENERGY CEREAL YOU CAN FEED YOUR FAMILY



RAISIN FACE with brown sugar moustache. Sure way to get a smile from a child.



JAMBOREE. Colorful swirls of jam, milk and Cream of RICE. More fun than just sugar.



FRUIT PLUS. Try bananas, berries, peaches. A good flavor surprise on hot cereal.

Cream of RICE digests faster, therefore gives energy faster than any other type of cereal... oat, wheat, corn or barley. In fact, it's so easy to digest it's often recommended as baby's first solid food. And so agreeable to even the most sensitive stomach on a bad morning.

It cooks in thirty seconds. Provides rich vitamin-mineral nutrition. Can be dressed up with all sorts of fun toppings. Try it. And if someone in your family is on a restricted diet (bland, low-fat, low-salt, etc.) write for...



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CREAM OF RICE

FAMILY FOOD IDEAS

Burgers— but different



Savory Lamb Burgers

An elegant burger sparked with stuffed green olives—

1 pound ground lamb
1 cup soft bread crumbs (1 slice bread)
1 3-ounce can chopped mushrooms, drained (about ½ cup)
⅓ cup milk
2 tablespoons finely chopped onion
2 tablespoons chopped stuffed green olives
1 tablespoon snipped parsley
¼ teaspoon salt
¼ teaspoon dry mustard
Dash pepper
1 tablespoon cooking oil
6 hamburger buns, toasted

In mixing bowl, combine ground lamb, bread crumbs, mushrooms milk, onion, olives, parsley, salt, dry mustard, and pepper; mi well. Shape into six patties. In skillet, cook patties in oil ove medium heat for 10 minutes; turn, cook 5 minutes to 10 minute more or till done. Serve on toasted buns with warm catsup o chili sauce. Makes 6 servings.

Photographs: Photography, In



Barbecued Beef Burgers

1 pound ground beef
1 egg
¼ cup finely crushed saltine crackers (4 crackers)
2 tablespoons milk
2 tablespoons catsup
½ teaspoon salt

• • •

4 thin slices onion
4 slices (4 ounces) sharp process American cheese
¼ cup chopped onion
4 tablespoons butter or margarine
¼ cup catsup
2 tablespoons brown sugar
½ teaspoon salt
½ teaspoon prepared horseradish

Combine beef, egg, crumbs, milk, the 2 tablespoons catsup, ar the first ½ teaspoon salt; mix well. Shape into four patties; pla on four 12-inch squares of heavy-duty foil. Top each with onion slice, then a slice of cheese. Cook chopped onion in butt or margarine till tender but not brown. Add the ¼ cup catsu the brown sugar, the remaining salt, and horseradish; simm uncovered, 5 minutes. Spoon over burgers; close foil loose around meat, sealing edges well. Cook over medium coals, oni side down, for 15 minutes. Turn; cook 10 minutes longer or t meat is done. Makes 4 servings.

Because burgers go over big for all occasions, it's smart to have some interesting variations up your sleeve. You're well on your way with these recipes.



aucy Sausage-Beef Burgers

dd this to your brunch repertoire—

½ pound bulk pork sausage
½ pound ground beef
1½ cups soft bread crumbs (1½ slices bread)
tablespoons milk
½ teaspoon poultry seasoning
2 tablespoons all-purpose flour
¼ teaspoon paprika
1 can condensed cream of mushroom soup
1 cup water
3 English muffins, split and toasted

• • •

n mixing bowl, combine pork sausage, ground beef, bread crumbs, ilk, and poultry seasoning. Shape into six patties. In skillet, own patties; drain off excess fat. Stir flour and paprika into up; gradually blend in water. Pour around patties; cook over edium-low heat for 15 to 20 minutes or till meat is done, stirring uce occasionally. Serve one burger on each muffin half. Spoon ushroom sauce over. Makes 6 servings.



C ned Beef Patties with Mustard Sauce

'ast main dish for hectic days—

2 6-ounce cans corned eef hash, chilled
cup all-purpose flour
tablespoons butter or nargarine
1 6-ounce can (⅔ cup) evaporated milk
1 tablespoon prepared mustard
3 English muffins, split, toasted, and buttered

• • •

nove hash from cans in one piece; cut each into six slices. Coat n patty with flour. In large skillet, brown patties in butter or rgarine over medium heat till crusty, about 10 minutes. In ll saucepan, blend together milk and mustard. Cook and stir mixture thickens slightly and comes to boiling. Place patties on sted buttered muffins. Pass mustard sauce. Makes 6 servings.



Remember how good those barbecued steaks tasted last summer? Remember how you helped get them that way?

You brushed them with Kitchen Bouquet before you put them on the barbecue. You can get the same crispy brown, juicy results now... in your oven-broiler.

Just brush on Kitchen Bouquet before you broil. Its special blend with delicate herbs and spices will help give your steak a thin, crisp crust outside while it helps seal in the good meat juices inside. Just like it did on the barbecue.

So get it out of winter storage. And don't forget the sides of meat when you're brushing. Precious juices can leak out there, too.

If you're broiling hamburgers, fish or poultry, brush them, too. And for other quick tips and imaginative recipes for better eating... from main dishes to marinades, send for the free 32-page recipe booklet.



Kitchen Bouquet, Dept. BH471
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Enclosed is my box top from Kitchen Bouquet.
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KITCHEN BOUQUET

FAMILY FOOD IDEAS

"Big enough to mail a birthday card. That's how big I want to be!"

She'll never need Wonder Bread more than right now.

The time to grow bigger and stronger is during the "Wonder Years"—ages 1 through 12—when a child reaches 90% of adult height. Help your child by serving Wonder Enriched Bread. Each slice supplies vitamins, minerals, carbohydrates and protein. Delicious Wonder Bread!

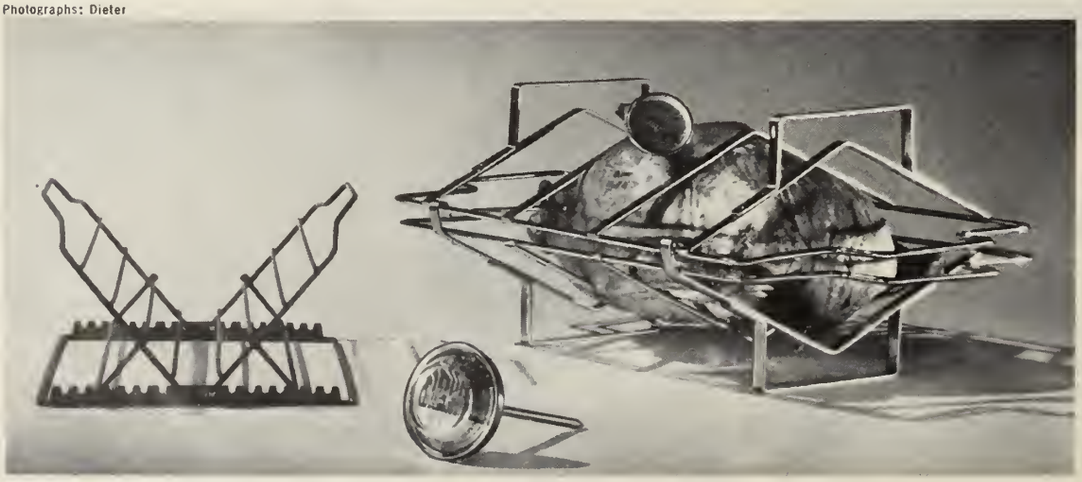
WONDER ENRICHED BREAD helps build strong bodies 12 ways®

Helps build strong bodies 12 ways®



Tools and rules for meat roasting

Photographs: Dieter



Having the right tools and knowing how to use them can make you an expert at roasting poultry, beef, and pork. The most important piece of equipment is a rack. Roasting is a method of cooking by dry heat, and a rack keeps the meat out of its fat and juices. A rack also makes it easier to remove the meat from the pan or roaster.

The rack shown at left in the photograph has a Teflon finish to prevent sticking. It comes clean without scouring or scrubbing. The rack adjusts to seven V-positions, fits standard baking pans, has handles for lifting, and folds flat to store. Place a turkey breast-side-up or a roast fat-side-up on the rack and set in a shallow pan. Foley Mfg. Co., 330 5th NE, Minneapolis, Minn. 55418.

If you're looking for an easier way to achieve old-fashioned flavor, try the Roast Right Turkey Turner (TM) and meat rack (at right in photo) by The Young Associates, 2030 Broadway, Santa Monica, Calif. 90404. The Roast Right (TM) is a set of two multipurpose oven roasting racks for use individually as meat racks, or in combination as a Turkey Turner that rotates the heftiest bird. Place the turkey breast-down in the rack with the hooks. Then put the other rack over the bird when it's three-quarters done. Grip the handles and turn the turkey to the breast-up position. Remove the top rack, roast until done, and serve. The chrome steel racks fit within one another for easy storing.

Your best guide to the degree of doneness is a meat thermometer. Insert the thermometer in the center of raw roast so bulb reaches the thickest part of the lean meat and does not rest in fat or on bone. For poultry, insert in the center of inside thigh muscle not touching bone. When the thermometer registers the desired internal temperature remove bird from oven and let stand about 15 minutes before carving.

The thermometer shown in the turkey at left is a "Slim Stem" meat and poultry thermometer by Gaydell, 3030 Wilshire Blvd., Santa Monica, Calif. 90403. The stem is about half the diameter of conventional meat thermometers, making it ideal for both oven and rotisserie use. The "Slim Stem" features stainless steel construction, a preset pointer, an easy-to-read "temperature zone" dial, and a test zone. It is dishwasher safe, shock resistant, and carries a one-year guarantee.

The other meat thermometer

Continued

You'll like the good Hormel ham in SPAM





SPAM mit sauerkraut und äpfeln

303 can sauerkraut (2 cups) drained
2 cooking apples, sliced thin (if desired)
½ cup brown sugar
12-oz. can SPAM, sliced
2 tsp. prepared mustard

Mix kraut, apples and half of the brown sugar (¼ cup), in 1½ qt. casserole. Arrange SPAM slices on top. Mix remaining (¼ cup) brown sugar and mustard with 1 tsp. water; spread on SPAM. Bake in 400° (hot) oven 30 minutes, until glazed. 4 servings.

Hormel FINE FOOD PRODUCTS

SPAM is the registered trademark for a blend of chopped pork shoulder meat with ham meat added, packed only by Hormel.

FAMILY FOOD IDEAS

Festive Springtime Turkeys

are bursting with Kellogg's Croutettes Stuffing and roasted under a "tent" of Reynolds Wrap.

Here's how to serve a tastier Easter Turkey without a lot of muss or fuss.

1. STUFF your bird the perfectly-seasoned way with Kellogg's® Croutettes® Stuffing Herb Seasoned Croutons. The modern, oven-toasted croutons with the old-fashioned flavor of eight savory seasonings.

2. ROAST golden brown the no-baste way under a "tent" of Heavy Duty Reynolds Wrap. (For easy cleanup, line your pan first with strong, tear-resistant Reynolds Wrap—the foil that's Oven-Tempered for Flexible Strength.)



Look for easy, Easter Turkey recipe on packages of Kellogg's Croutettes Stuffing and Heavy Duty Reynolds Wrap.

1971 by Kellogg Company

Meat roasting

Continued

shown was recently introduced by Thermometer Corp. of America, 567 E. Pleasant St., Springfield, Ohio 45501. It features a unique rotating dial which gives the temperature readings from the side—not from the top. The dial rotates across the full temperature scale. Roasting temperatures are easy to read from any angle—even through oven windows. The thermometer has another plus. It is hermetically sealed to make it both leakproof and dishwasher proof.

Another helpful tool is a meat lifter to lift the roast, fowl, or fish from rack to platter. Shown above is a wide curved-blade meat lifter by Foley Mfg. Co. It is steel with a heat-resistant plastic handle and will 15 pounds. You will find using two lifters at once the job even easier.

Using two giant forks



other easy way to cope w birds or roasts outdoors doors. The two pitchfork- forks shown here have inch-long steel tines and handles with leather Take one fork in each slide it under the bird (not in the meat), and li pan to platter. The forks Chadwich-Miller, Inc., Mass. 02125.

Some meats such as baste themselves; others as turkey—need a litt from you. The easiest baste a turkey or ham i a baster such as the one at right in photograph basting meat in natural put the end of the bas the drippings in the bo the pan, let the baster moisten the meat.

If you're basting th with a sauce, a Handy Foley (in foreground o above) makes the ideal er. It is extra deep, h uated measurements, a 5/8 quart.

If you're planning t big bird, you'll need lacers, either single hairpin-shaped devic ones below are stainl



lacers made by Andr 1802 Preston St., Rock 61101. To use, hold th gether over the cavit turkey, insert the p lace the cavity shut. tional pins to close cavity. These lacers h mond-shaped heads easy removal with a f

Pick an Easter flower from your oven. Baker's® Daisy Cake.



It's a Baker's Coconut Cut-Up Cake, made with your favorite cake mix.

To make it, cut two cooled baked 9" layer cakes (see diagrams), arrange the pieces to look like a daisy, then frost the cake with 6¾ cups Seven Minute Frosting. Sprinkle the petals with about 2 cups snowy white Baker's® Angel Flake® Coconut, the leaves and stem with ½ cup green coconut (tinted with food coloring). Then drain one can (8¾ ozs.) of crushed pineapple and arrange the pieces in the center.

Your Easter Daisy will be the prettiest cake you've ever picked from your oven.

1. Leaves 2. Center 3. Stem 4. Petals

FUN CUT-UP CAKE IDEAS.
If you'll send us 35¢ in change, we'll send you our brightly-colored Cut-Up Cake Recipe Booklet. Write: Cut-Ups, Box 2047, Kankakee, Ill. 60901.

GF
GENERAL FOODS KITCHENS

Name_____

Address_____

City_____ State_____ Zip_____

Baker's and Angel Flake are registered trademarks of General Foods Corporation.

FAMILY FOOD IDEAS

BRACH'S
is America's
No. 1 Easter Bunny
It's true! Brach's Easter Candies are delivered by more bunnies and enjoyed by more kids than any other kind. Fresh, unbeatable taste. Join the happy crowd!
Brach's is the good word on candy!
© 1971 E. J. Brach & Sons

Western Hamburger Pie

⅓ cup yellow cornmeal
½ cup boiling water
2 teaspoons butter or margarine
2 sticks piecrust mix, crumbled
1 cup chopped onion
¼ cup chopped green pepper
4 tablespoons butter or margarine
1 pound ground beef
2 tablespoons all-purpose flour
¾ teaspoon salt
⅛ teaspoon pepper
1 well-beaten egg
1 cup dairy sour cream
2 tablespoons snipped parsley

In bowl, combine cornmeal, boiling water, and the 2 teaspoon butter or margarine; stir well. Set aside for 15 minutes to softe cornmeal. Add crumbled piecrust mix; stir till dough holds to gether. Roll out half the dough and line 9-inch pie plate; flut edges. Cover and set aside remaining pastry for topper. I skillet, cook onion and green pepper in the remaining butter ti tender but not brown. Add ground beef; cook till meat browned. Drain off fat. Stir in flour, salt, and pepper; cook minutes more. Remove from heat. Combine egg, sour crean and parsley; add to meat mixture, mixing thoroughly. Tur into crust-lined pie plate. Roll out remaining pastry to 8-inc circle, about ¼ inch thick. Using pastry wheel or sharp knif cut in 6 pie-shaped wedges. Prick with fork. Place atop mea pie. Bake in 375° oven for 45 to 50 minutes or till pastry lightly browned. Cut into wedges to serve; top each wit warmed catsup, if desired. Makes 6 servings.

Bite-Size Chicken Puffs

Perfect for an open house or tea. Pastry mix provides a shortcu that makes the cream puffs extra-easy—

2 cups finely chopped cooked chicken
¼ cup finely chopped celery
2 tablespoons chopped pimiento
⅓ cup mayonnaise or salad dressing

Start with pastry mix

By Patricia Pollock, Associate Food Editor

Packaged pastry mix makes more than good piecrust—it makes great appetizers and desserts, too. Here it's an ingredient in a corn-crusted main dish, a make-ahead canape, and a warm fruit torte. We used the handy piecrust sticks, but you may substitute the loose-pack piecrust mix if you wish. Just remember that *one* 9½- or 11¼-ounce package of piecrust mix is equal to *two* piecrust sticks.

Western Hamburger Pie



BRACH'S
is a basket of joy
Easter is a happier day when the kids get Brach's Baskets! We put in mountains of luscious candies. Toys, too. But we leave the joy of giving to you!
Brach's is the good word on cand
© 1971 E. J. Brach & Sons

BRACH'S
is real chocolate for Easter
We make our own! Not one, but 5 fresh, delicious blends. Then we lavish the right chocolate on each candy center for tastes every youngster loves best!
BRACH'S EASTER EGGS
CHERRY
CHOCOLATE BUTTERCREME
FRUIT-NUT
MAPLE
COCONUT
VANILLA
rach's is the good word on candy!
© 1971 E. J. Brach & Sons

Photographs Scott



Quick Pear Torte

Another time, you might bake this in a nine-inch pie plate and serve wedges with warm brandy sauce—

4 tablespoons butter or margarine
¾ cup sugar
3 eggs
1 teaspoon vanilla
1 stick piecrust mix, finely crumbled
1 cup snipped dried pears
½ cup snipped dates
½ cup chopped walnuts

In small mixer bowl, cream butter or margarine and sugar. Beat in eggs and vanilla till blended; stir in crumbled piecrust mix. Add pears, dates, and walnuts. Turn mixture into greased 8x8x2-inch baking dish. Bake in 325° oven for 40 to 45 minutes or till done. Cut warm dessert in squares to serve; top each with a scoop of vanilla ice cream, if desired. Makes 8 servings.

2 tablespoons dry white wine
¼ teaspoon salt
Dash pepper
⅔ cup water
1 stick piecrust mix, crumbled
2 eggs

In mixer bowl, stir together chicken, celery, pimiento, mayonnaise, wine, salt, and pepper; chill. In small saucepan, heat water to boiling. Add crumbled piecrust mix; stir vigorously over low heat till pastry forms a ball and leaves sides of pan. Cook 1 minute more, stirring constantly. Add eggs and beat on low speed of electric mixer for 2 minutes. Drop dough from rounded teaspoon onto ungreased baking sheet. Bake in 425° oven for 20 to 25 minutes till puffed, golden brown, and dry. Transfer puffs to rack; cool slowly away from draft. Split and fill with chilled chicken mixture. Makes 3½ dozen small puffs.

If desired, make 12 luncheon-size puffs: drop dough from rounded tablespoon onto baking sheet; bake 25 minutes.



BRACH'S
is country fresh Easter Eggs
Kids are wild about Brach's luscious eggs! The variety. The richer tastes. Real chocolate. Marshmallow. Cremes. Jellies. Be a good egg, mom—hide Brach's!
BRACH'S
EASTER EGGS
Brach's is the good word on candy!
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fudgie scotch squares

Half chocolate, half butterscotch. A unique new chewy taste combination that's really easy to make with Nestlé's Semi-Sweet and Butterscotch Morsels and Borden Eagle Brand Sweetened Condensed Milk. Here's how you do it. First, preheat your oven to 350° F. Blend together:

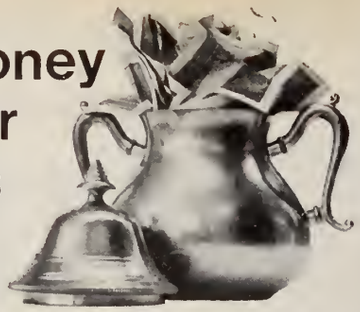
- 1½ cups graham cracker crumbs
- 1 can Borden Eagle Brand® Sweetened Condensed Milk (not evaporated milk)
- 1 package (1 cup) Nestlé's® Semi-Sweet Chocolate Morsels
- 1 package (1 cup) Nestlé's® Butterscotch Morsels
- 1 cup coarsely-chopped walnuts

Mix well and press mixture into very well-greased 9" square pan. Bake at 350° F for 30-35 minutes. Cool for 45 minutes and cut into 1½" squares (makes 36). Then stand back and bask in the glory of the ooo's and aah's.



FAMILY FOOD IDEAS

Win money for your recipes



FAST AND FANCY CRANBERRY SALADS

We're looking for your favorite fast or fancy way to serve cra berries in a salad. The berries in the recipe can be used in a form—whole, sauce, relish or juice. Your best could make y a winner. Two Cooks-of-the-Month receive $50 each. Fo Runners-up receive $25 each, and 12 Honor Roll winners $10 each. Selected winning recipes will be pictured on the Pri Tested Recipes pages next November. All 18 winners receive framed Better Homes and Gardens Certificate of Endorseme and six copies of the endorsed recipe.

Hints to Help You

Fast Cranberry Salads. Do you use relish in a tossed or fruit salad? Maybe you slice canned cranberry sauce into an arranged salad. Perhaps you start with cranberry juice for a salad dressing. Suggestions:

cranberry slaw
jiffy cran-cheese squares
cranberry dressed waldorf
banana-cran toss
crunchy cranberry mold

Fancy Cranberry Salads. Wha your special buffet salad? you make a frozen or mold salad starring cranberries? M be you make your own relish serve a holiday or internatio cranberry favorite. Hints:

wine cranberry salad
cranberry-date relish
cran-raspberry mold
frosty berry-peach salad
cranberry relish rings

THIS MONTH'S WINNERS

(See recipes on pages 103 and 104.)

Cooks-of-the-Month

Elena Eritta, Puebla, Mexico
Mrs. Karl P. Kuehn, Fort Worth, Tex.

Runners-up

Mrs. Phil Collard, Herrin, Ill.
Mrs. Ann Fosnight, Boulder, Colo.
Mrs. Edward Gerity, Denver, Colo.
Mrs. Henry Stadler, Oshkosh, Wis.

Honor Roll

Mrs. David Atwood, Detroit, Mich.
Mrs. James R. Carnes, Middleburgh, N. Y.
Ruth M. Celotto, Orange, Conn.
Mrs. Richard Cohill, Cornwells Heights, Pa.
Mrs. Kitty Erickson, Barron, Wis.
Mrs. James C. Kramer, Las Vegas, Nev.
Mrs. Donald Lavers, Denver, Colo.
Mrs. Joe H. Leckrone, White Hall, Md.
Mrs. Richard Leikam, West Allis, Wis.
Mrs. William J. Lee, Eau Claire, Wis.
Mrs. William H. Shipwash, Roanoke, Va.
Mrs. Ingrid Stoen, Braintree, Mass.

Contest Rules

1. Write or type your recipe clearly on one side of the paper an mark it "November Fast Cranberry Salads" or "November Fanc Cranberry Salads." If you wish, send a recipe for each of the tw categories.
2. Print your full name and address in upper right corner of pape
3. Give measurements in *level* cups, tablespoons, teaspoons.
4. Specify brand names of the *nationally* known food products yo use as ingredients so we can test your recipe with the same brand
5. Include 50 to 100 words about the origin of the recipe you submi
6. Recipes submitted become property of Better Homes and Garden
7. Entries must be postmarked by midnight, April 30. In cases wher duplicate recipes are submitted, the one with the earliest postmar will be judged. All judges' decisions will be final.
8. We reserve the right to adjust and edit winning recipes.
9. Address the recipes you enter to 7104 Test Kitchen, Better Home and Gardens, Des Moines, Iowa 50303.

ur cream ecials

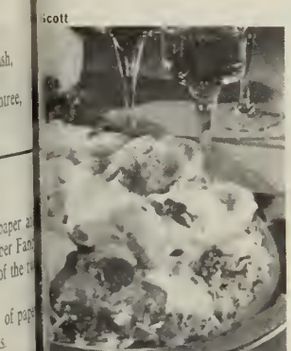
g hints: When stirring eam into a hot mixture, ıear the end of the cook- ıe and keep the temper- ɔw. Or, stir a little of the ɔture into the sour cream "warm it." If curdling ccur, only the appear- affected, not the flavor.



ɔcktail Cream Cake

an ideal buffet dessert—

s graham cracker
bs
sugar
poons butter or
ırine, melted
lairy sour cream
sugar
ɔon vanilla
nce can fruit cocktail
e graham cracker
the ¼ cup sugar, and
ed butter or margarine.
2 tablespoons crumb
; press remaining
on bottom and sides
ches high) of buttered
springform pan. Com-
ır cream, the ⅔ cup
nd the vanilla. Drain
ktail; remove cherries
aside. Fold remaining
o sour cream mixture.
to crumb crust. Top
erved crumbs. Bake in
ın for 20 to 25 minutes
set. Chill thoroughly.
with reserved cherries.
0 servings.



Parisienne

r noodles or on herbed next time—

n chicken breasts
ıdensed cream of
ɔom soup
ry sherry

1 3-ounce can sliced mushrooms; drained (½ cup)
1 6-ounce package long-grain and wild rice mix
1 cup dairy sour cream

Place chicken breasts, skin side up, in ungreased 11¾x7½x1¾-inch baking dish. Blend together mushroom soup and sherry; add sliced mushrooms and pour over chicken. Bake, covered, in 350° oven for 1 to 1¼ hours. Meanwhile, cook rice mix according to package directions; arrange rice on serving platter. Remove chicken from baking dish, reserving soup mixture. Place chicken atop rice; sprinkle with paprika and keep warm. In saucepan, gradually stir sour cream into reserved soup mixture; heat through. Pour over chicken. Makes 6 servings.

Cook a perfect main dish, complete with meat, without really cooking at all.

You're looking at a whole line of great, complete noodle, rice and spaghetti dinners from Chef Boy-Ar-Dee®. If you made them yourself, they'd take hours. But with our dinners, everything is completely complete, right from the box. (Except we ask you to add a little fresh milk to our Stroganoff.) Every dinner, from Chicken and Mushrooms to Goulash, has been fussed and worried over as if you'd been there yourself. From the rich egg noodles, to the good lean beef, to the cheese aged six months. So, except for our 35-minute Lasagna, you can serve your family a 3-hour dinner in a merciful 15 minutes.

Ten Perfect Dinners:
Spaghetti—Meatballs, Meat Sauce, Mushroom (Meatless).
Rice—Chicken Paprika, Chicken and Mushrooms, Beef Marinara, Braised Beef.
Noodle–Stroganoff, Goulash, Lasagna.
They're all part of the joy of not cooking.

Chef Boy-Ar-Dee®
Every box is a whole main dish.





There's no Worcestershire like an old Worcestershire.

An older Worcestershire makes a wiser stew. (To say nothing of a brighter burger, smarter salad, loftier meatloaf.)

And by older Worcestershire, we can be talking only about Lea & Perrins, the Worcestershire that's aged in wood, like fine wine, and mellowed to perfection, like good steak and cheese. The Worcestershire that combines natural aging with natural ingredients—things like eschalots, tamarinds, anchovies and chili peppers—to bring out the best in every dish.

The Worcestershire, in short, that's seasoned right to start with and seasoned even better with age.

Lea & Perrins. The More Seasoned Worcestershire.

FAMILY FOOD IDEAS

New Ideas

HOME IMPROVEMENT IDEAS

Springtime is home improvement time, and if you could u a little help, you'll find all you need in this just-released S cial Interest Publication from Better Homes and Garde The ideas featured range from week-end projects to ma room additions. A special section on budget projects contains low-cost ideas that make the whole house live better. New uses for unused attics and garages can also help stretch your house. There's even a section on new products and materials to make your home improvement projects simpler and easier. Just $1.35 at your newsstand now.



PASTA PRONTO! by William E. Massee (with Dorothy Ivens and Catherine Tremper)



Bill Massee, author of seven books wine and food including "Wine France", now turns his talented atten to Italian cooking. This illustrated, page book from Creative Home Lib published in association with Be Homes and Gardens, features cla Italian dishes so easy they can be m while the spaghetti boils . . . plus al trimmings, including appetizers, meat dishes, salads and serts. Plenty of information on wines, too, both Italian American. Now available at your booksellers for only $5

THE COMPLETE GUIDE TO EMBROIDERY STITCHES AND CREWEL by Jo Bucher

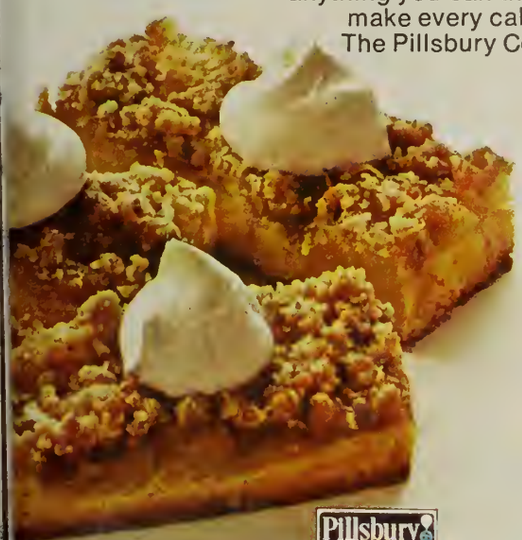
Also from Creative Home Library, the new line from the lishers of Better Homes and Gardens Books, comes this orful, 384-page book. It's a comprehensive, basic ma and the only one of its kind on the subject. No other emb ery book features every single embroidery stitch ever invented . . . over 300. Incidentally, crewel is a popular kind of embroidery you might want to try, if you haven't already. Each stitch is described verbally and visually with easy-to-follow line drawings; special instructions for the left-hander. Available in April . . . just $8.95 where books are sold.





Create-A-Cakes. By their fruits, you will know them.

Apples, peaches, cherries... pick your favorite fruits. Add them to Pillsbury Create-A-Cake Mix. And you'll turn out cakes that are perfectly delicious, moist and flavorful. That's because Pillsbury Create-A-Cake Mix is the first cake mix specially made to let you add just about anything you can think of—including your favorite Pillsbury Frosting Mixes—to make every cake you bake your own creation. For more recipes, write The Pillsbury Co., P.O. Box 60-916, Dept. 168, Minneapolis, Minn. 55460





Dutch Apple Cake

ge Pillsbury Lemon Cake Mix
utter or margarine, melted

(1-lb. 4-oz. can) pie sliced apples, drained
ge Pillsbury Coconut Pecan or Coconut
d Frosting Mix
utter or margarine, melted

mixing bowl, combine dry cake mix, ½ cup
d eggs. By hand, stir until cake mix is
ed. Pat into ungreased 13x9-inch baking
with drained apples. Combine frosting
¼ cup butter; sprinkle over apples. Bake
or 40 to 45 minutes, until toothpick inserted
comes out clean. Cool. Top with whipped
igh Altitude: No adjustment necessary.

Create-A-Cake Mix.

Cherry Cheese Cake

1 package Pillsbury Lemon Cake Mix
1 cup water
4 eggs
1 package (8 oz.) cream cheese, softened
⅓ cup evaporated milk
1 can (1 lb. 5 oz.) cherry pie filling

Generously grease and lightly flour a 10-inch tube pan. In large mixing bowl, combine dry cake mix, water and eggs. Blend and beat as directed on package. Pour about half of batter into prepared pan. In small mixer bowl, beat cream cheese and milk until smooth. Spoon over batter in pan without touching sides of pan. Spoon 1 cup cherries over cream-cheese mixture. Spread with remaining batter. Bake at 350° for 50 to 55 minutes, until toothpick inserted in center comes out clean. Cool in pan 15 minutes; do not invert. Remove from pan. Serve with remaining cherries. Store leftover cake in the refrigerator. High Altitude: 5200 feet. Bake at 375°.





Peaches 'n Cream Dessert Bars

1 package Pillsbury Yellow Cake Mix
2 eggs
½ cup butter or margarine, melted
1 package Pillsbury Coconut Pecan or Coconut Almond Frosting Mix
1 can (1 lb. 13 oz.) sliced peaches, drained
2 cups (1-lb. carton) sour cream
1 egg

In large mixing bowl, combine dry cake mix, 2 eggs, butter and dry frosting mix. By hand, stir until cake mix is moistened. Press in ungreased 13x9-inch baking pan. Bake at 350° for 10 to 15 minutes, until toothpick inserted in center comes out clean. Remove from oven. Top with peach slices. In small mixer bowl, combine sour cream and 1 egg. Pour evenly over peaches. Return to oven; bake 10 to 15 minutes longer. Store leftover dessert in the refrigerator. High Altitude: 5200 feet. Bake at 375°.

Partial to Perked?



You taste the coffee not the pot, when the pot is made by CORNING

CORNING WARE, PYROCERAM, and PYREX are trademarks of Corning Glass Works, Corning, N.Y.

and blend on low speed till finely chopped (not pureed). Measure 2 cups chopped pineapple into bowl; add 1 teaspoon grated orange peel, ½ cup orange juice, and several drops yellow food coloring. Stir in 5 cups sugar, ½ cup chopped walnuts, and ½ cup flaked coconut. In saucepan, combine ¾ cup water and 1 package powdered fruit pectin. Bring to boiling; boil 1 minute, stirring constantly. Stir into fruit mixture; continue cooking and stirring 3 minutes. Ladle into jelly glasses; seal. Let stand till set, about 24 hours. For use within 2 to 3 weeks, store in refrigerator. Makes 6 cups.



Cranberry Pear Marmalade

Remove peel from 1 lemon; snip peel into fine shreds about 1 inch long. Measure ¼ cup snipped peel and 2 tablespoons lemon juice into large kettle. Add one 14-ounce jar cranberry-orange relish, 3 fresh pears, pared, cored, and ground, and 2 cups sugar. Bring to full rolling boil over high heat. Boil hard for 5 minutes, stirring occasionally. Pour into hot clean jars. Seal. Chill. Makes 3⅓ cups.



Better Breakfast ideas

Fruit fix-ups

To get your morning off to a colorful start, make fruit a must on the menu. Here are six easy and appetizing ideas for a leisurely weekend breakfast or brunch.



Freezer Pineapple Conserve

Pare and core one large fresh pineapple; cut into pieces. Place pineapple, a few pieces at a time, in blender container; cover

Filter Coffee fanciers (and Drip Coffee die-hards)



You taste the coffee not the pot, when the pot is made by CORNIN

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Breakfast Kabobs

1½ cups cubed fresh pineapple
1 papaya, pared and cubed
1 cup strawberries
1 banana, peeled and sliced
1 cup strawberry or pineapple yogurt
¼ cup flaked coconut
2 tablespoons honey
1 tablespoon lime juice

On ten 6-inch skewers, alternately thread pineapple, papaya, strawberries, and banana. Combine yogurt, coconut, honey, and lime juice; pass with kabobs. Makes 5 servings.



Fruit-filled Oranges

3 oranges
1 8¾-ounce can (1 cup) pineapple tidbits
1 cup strawberries, sliced
½ cup snipped pitted dates
1 tablespoon honey
2 teaspoons lemon juice

Cut oranges in half. Hollow out halves; reserve shells. Cut away excess white membrane from orange pulp; dice fruit, reserving juice. Drain pineapple, reserving syrup. Combine diced oranges, pineapple, strawberries, and dates. Add enough reserved pineapple syrup to reserved orange juice to make ⅓ cup; combine with honey and lemon juice. Pour over fruit. Chill. Fill orange shells with fruit mixture. Makes 6 servings.





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Cranberry-sauced Grapefruit

Make the ruby cranberry sauce ahead and chill—

1 cup sugar
1 cup water
2 cups cranberries
3 grapefruit, pared and sectioned

In saucepan, combine sugar and water; stir to dissolve sugar. Heat to boiling; boil 5 minutes. Add cranberries; cook till skins pop, about 5 minutes more. Remove from heat; chill. Pour cranberry mixture over grapefruit sections in sherbet glasses. Makes 6 servings.



Grapefruit Ambrosia

Coconut flecks the top of this gala, hot grapefruit—

2 medium grapefruit
3 tablespoons brown sugar
4 teaspoons rum flavoring
4 teaspoons butter or margarine
¼ cup flaked coconut

Halve grapefruit, making zigzag edge. With knife, cut around each section to loosen from membrane. Sprinkle each half with about 2 teaspoons of the brown sugar and 1 teaspoon rum flavoring. Dot with butter or margarine; sprinkle on coconut. Bake in 400° oven for 20 minutes. Garnish with maraschino cherries, if desired. Makes 4 servings.

Freeze-dried Fans (and incurable Instant lovers)

Now make freeze-dried and instant coffee by the potful. Get cup after cup of fresh flavor. New Corning Ware® Brew 'n Serve pots and Pyrex® carafes can't trap stale coffee oils.

Corning Ware®
8-Cup Brew 'n Serve, $7.95
4-Cup, $4.95

Pyrex® Ware
8-Cup Beverage
Server w/Candle
Warmer, $4.95

You taste the coffee not the pot, when the pot is made by CORNING

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whites into chocolate mixture. Pour into ungreased 5-cup soufflé dish with foil collar. (Measure a length of foil to go around dish; fold in thirds so foil extends 2 inches above dish. Butter top 2 inches of foil well; sprinkle with granulated sugar. Secure around soufflé dish with tape.) Bake in 325° oven for 1 hour to 1 hour 10 minutes. Makes 5 to 6 servings.

Serve with Grand Marnier Sauce: In small saucepan, combine ¼ cup sugar and 1 tablespoon cornstarch; stir in ¾ cup orange juice. Heat and stir to boiling. Add ¼ cup Grand Marnier liqueur and ¼ cup toasted slivered almonds. Makes 1 cup sauce.

Photographs: Dieter





Food from afar: France

Chocolate and orange make a delicious flavor combination. Here, the chocolate base is topped with sauce made from fruity, bitter-sweet Grand Marnier liqueur.

Chocolate Soufflé with Grand Marnier Sauce

Pop the soufflé into the oven before you sit down to dinner—

3 tablespoons butter or margarine
¼ cup all-purpose flour
¼ teaspoon salt
1 cup milk
4 egg yolks
½ cup sugar
4 egg whites
¼ teaspoon cream of tartar
1 recipe Grand Marnier Sauce
2 ounces (2 squares) unsweetened chocolate, cut up

In saucepan, melt butter or margarine; blend in flour and salt. Add milk all at once; cook and stir till thickened and bubbly. Add chocolate and stir till melted. Beat egg yolks till thick and lemon-colored. Beat sugar into yolks gradually. Blend chocolate mixture into yolk mixture. Beat egg whites and cream of tartar till stiff peaks form. Carefully fold egg



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WHEN YOU AND YOUR DOCTOR DISAGREE

The most common reasons patients disagree with their doctors are high fees, imperious attitudes and treatment that doesn't work. Some of these patients, out of anger and frustration, give the doctor an impassioned bawling out. Others simply quit him and look around for a different physician. Still others conveniently refuse to pay the bill or pay only a certain portion.

Each of these tactics can be justified on occasion, but often the patient would be better advised to take his problem to a medical grievance committee—assuming, of course, that it can't be ironed out in a calm, frank discussion with the doctor.



Medical grievance committees are set up by local medical societies as instruments of self-regulation. They exist at the state level in all 50 states, and also at the county level in most urban areas where a large population warrants it. They help to assure that the community's doctors will meet moral and professional standards by providing a forum where patients can come to air their complaints.

Grievance committees are not courts of law. They have no authority to force acceptance of their judgments or to impose any punishment. Their primary role is mediation; in fact, they are sometimes called mediation committees rather than grievance committees. They listen objectively to both sides of a dispute, then recommend what they consider a fair solution.

But when they conclude that a doctor is at fault in a case, their "suggestion" of how he should make proper restitution usually carries considerable weight. This is because a doctor who ignores their advice may be reported to other committees of the medical society or to the state board of medical examiners—bodies with the power to suspend the physician or to revoke his license to practice.

In most cases, however, the doctor is not found guilty. Cynics sometimes claim this is because the grievance committee is composed of physicians, who are reluctant to find fault within their own ranks. This point of view may sometimes be valid—in which case the patient can employ other tactics, including taking his argument to court. On the other hand, doctors have an interest in maintaining high standards for their profession. When they decide a doctor is innocent, that verdict is usually just. In many cases, the charge arose from lack of necessary information, a frivolous complaint, an unreasonable expectation, or a simple misunderstanding.

The problem may even be so simple it can be resolved without convening the committee. The first man to examine the patient's complaint—which must always be presented to the committee in writing—may see immediately where the difficulty lies and clear it up with a phone call or two. The vast majority of grievances (more than 90 percent in some communities) are associated with the *size of the doctor bill.* The complainant thinks his physician is behaving unethically or dishonestly because he has charged $100, say, for performing an operation covered by the patient's medical insurance only to the extent of $75. In that case, the patient will have it pointed out to him, probably over the phone, why insurance allowances and doctors' fees are not always for the same amounts.

Sometimes a person claims he shouldn't be charged anything at all, because the treatment didn't work. He wouldn't pay a mechanic who failed to fix his car, he says, so why should he pay the doctor? Often, especially when a death is involved, this argument must be refuted with soft words. The aggrieved person wants someone to blame for his distress, and the physician is the handiest candidate. But the truth is, of course, that cures are never assured. Human beings are not automobiles. No doctor can ever do more than perform his best work—and this effort is what he charges for, regardless of how it turns out.

Problems that don't lend themselves to easy solutions are scheduled for presentation before the full committee, whose size and membership are locally determined, varying from place to place. Sometimes the committee includes only physicians; other times, a layman may be on it. The complainant and the doctor are usually interviewed separately. Then the members of the committee discuss the case among themselves and arrive at a reasonable solution both parties will accept.

When the patient's complaint seems completely unjustified to the committee, their reasons for thinking so are carefully explained to him. When the doctor is at fault, he is urged to make amends and is warned against repetitions in the future. He may also be censured, and any evidence of gross negligence will be brought to the attention of the proper authorities.

Any time you disagree with your doctor, try to talk it over with him first. If that doesn't help, consult a friend and ask him to tell you honestly if your case seems justified. If the answer is yes, put it all down in writing and send it to the grievance committee of your local medical society. The address is very likely in your telephone book.

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Buying guide

Most of the products shown editorially in Better Homes and Gardens can be obtained in leading local stores. For more information, write the manufacturers listed. Some items are privately owned or custom made—thus are omitted from the product listing. For information on items not mentioned, write Reader Service, Better Homes and Gardens, Des Moines, Iowa 50303.

Cover: Sofa, end tables, glass top coffee table, and vinyl pillow covering—Founders Furniture, Pleasant Garden, N.C. 27313. Flooring—Armstrong Cork, Lancaster, Pa. 17640. Hanging lamps—Kovacs, 831 Madison Ave., NYC

Build these boxes for s and study

Page 22: Bulldozer—Tonka Corp. Minnesota. Red fire truck—Struc port, Ill. 61032. S-12 "Love" ba mar Mfg., 1881 Park Ave., NYC. —Armstrong Cork, Lancaster, P Wood/chrome lamp—Tyndale, Clearfield Streets, Philadelphia, P Orange chair—Rosenthal-Nett Fifth NYC 10010.

Color and how people l with it

Page 58: All furniture—Thomas niture, Thomasville, N. C. 273 rug, "Flocota"—Stark Carpet C Third, NYC 10022. Wallcoveri Mitchell Designs, 125 N. Roberts Los Angeles, Calif. 90048. Floo Lighting Associates, 351 E. 61 10021. Table lamp—Koch & L Third, NYC 10022. Paintin Mann Associates, 232 E. 59t 10022.

Page 59 (top): Wallpaper—All Third, NYC 10022. Drapery sheer curtains—Brunschwig & Third, NYC 10022. Carpet— Carpet Corp., 979 Third, NY Louis XV Marquise chair—Yale Reproductions, 315 E. 62nd, NY Table cover drapery—Clarence E. 57th, NYC 10022.

Page 59 (bottom): Wallcover Karlin Fabrics, 979 Third NY Tables—Burke, Div. Brunswic 5140 N. Westmorcland Rd., Da 75247.

Page 60: Flooring—Armstro Lancaster, Pa. 17604. Stools— Ridge Road, Cincinnati, Ohi Cushion fabric—Brunschwig & 979 Third, NYC 10022. Frames Kovacs, Inc., 831 Madison, NY

Page 61 (top): Wallcovering— Bowen, 979 Third, NYC 10022. sofa table and floor lamp—Tyn Fifth NYC 10001. Round ta Mfg., 54 Green, Leominster, Ma Vitrine—Tomlinson of High Po Point, N. C. 27260. Yellow lacq and chair behind sofa table— Furniture, Pleasant Garden, N. Screens—Ficks Reed Co., 490 mar, Cincinnati, Ohio 45227.

Page 61 (bottom): Bedspread— Mills, 60 W. 40th, NYC 10018.

Page 62: Plywood screens—U wood, 777 Third, NYC 10017. C sofa—Thayer Coggin, High Po 27262. Sculpture—Sculpture, Madison, NYC 10016. Orange Bonniers, 605 Madison, NY Campaign chest—Khoury Br Mountain, Mich. 49801. Pedest Burke, Div. Brunswick Corp. Westmoreland, Dallas, Tex. 75 lamp—George Kovacs, Inc., 831 NYC 10021. Rug—Loomtex M ton, Ga. 30720.

Page 63 (top): 9-globe lamp— Lowy, 11-11 40th Ave., Long Is N.Y. 11101. Rug—Karastan 1 919 Third, NYC 10022. Studio Nettlecreek Industries, Richm 47375. Corner table, 3-drawer ch deck tops, and stools—Drexel Drexel, N. C. 28619. Lounge Shaw Furniture, 28 Otis, C Mass. 02141. Rattan chest— 5731 S. Alameda, Los Ange 90058.

Page 64 (top): Table—Bakus E. 3rd, Cincinnati, Ohio 452 shade—Palette Studios, 964 E. Cincinnati, Ohio 45206.

Page 64 (bottom): Wallpaper and wall, and fabric on win Brunschwig & Fils, 979 Th 10022. Wing chair—Flair, Len 28645. Magazine rack—Ernest Fifth, NYC 10010. Lounge cha redon Furniture Industries, M N. C. 28655. Steel and brass la dale, 230 Fifth Ave., NYC 1000 Curtis Mathes, 2220 Young S Tex. 75221. Rug—Avakian Madison, NYC 10016. Scono Frederick Cooper, 2545 W. Chicago, Ill. 60647.

Page 65 (bottom): All furniture ville Furniture Industries, Th N. C. 27360. Graphic—Rudolp 225 Fifth, NYC 10010. Oil pain Mann Associates, 232 E. 59 10022. Lamps, jars and plant Potteries, 225 Fifth, NYC 100 animals—Faroy Sales, 225 Fi 10010. Glass jar and bottle—M Strauss, 225 Fifth, NYC 100 clock and boxes—Vincent I Fifth, NYC 10010. Area rug— ing" by Armstrong Cork, Lan 17640.

Page 66: Table runners—Bru Fils, 979 Third, NYC 1002 Palette Studios, 964 E. McM Cincinnati, Ohio 45206.

Page 67 (top right): Desk—Ke ture, Goldsboro, N. C. 27530.

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NEXT MONTH

REMOVING THE MYSTERY FROM TIRE BUYING—Are you confused about which tires to buy for your car? Don't be! This informative article answers your questions about types of tires, guarantees, etc. Provides the facts you need to buy the right tires at the right price.

Decorative concrete tiles

Begins on page 52



1



2



3

molding form in the
sions you've calculated
the 2x4s to a premeasur
wood sheet to serve as t
tom of the form. Bolti
frame together will m
easy to dismantle lat
thorough cleaning.

Coat the 2x4s with
oil to prevent the c
from adhering to the
Spread a thin layer of
retardant on the plyw
prevent the top section
tile from curing befo
lower portions.

How to make the tiles

Place several large flat
riverbed rocks are ide
side down on the
(picture 1). Next spri
generous amount of
rocks between the large
(picture 2). Use the
rocks to inject a greate
variety. After the ro
spread evenly over t
wood. lay a square of
wire over the rocks t
as a reinforcement for
crete (picture 3).

Now mix just enou
ment to fill in the for







ient into the form slow-
ate the form slightly to
he concrete to settle in
ket areas. This prevents
bles from remaining in
ture (picture 4). Smooth
ncrete surface with a
finish edges with a clean
of 2x4 (pictures 5 and 6).
the cement has set
ht, turn the form over
mantle it. Brush off the
tile top with a soft
ush to get rid of un-
particles of concrete.
ne form with a stiff wire
nd reassemble for the

install the tiles

erior floors, lay tiles on
im-thick layer of con-
felt. This material is
enough to permit the
areas on the bottom
ile to settle evenly on
or. The tiles should be
ight against one anoth-
needn't put any mor-
and between or under
s: weight stops them
ifting.
all the tiles are in po-
oat the surfaces with a silicone sealer. This helps bring out the best natural color in the rocks. Later the tiles will develop a soft patina from wear and continuous wax trackings from the other rooms.

For a patio surface or garden walkway, excavate the soil about three inches deep. Then spread a layer of sand and crushed gravel in the excavation and tamp it down. Next lay the tiles in the pattern desired, and butt them tight against one another. ■



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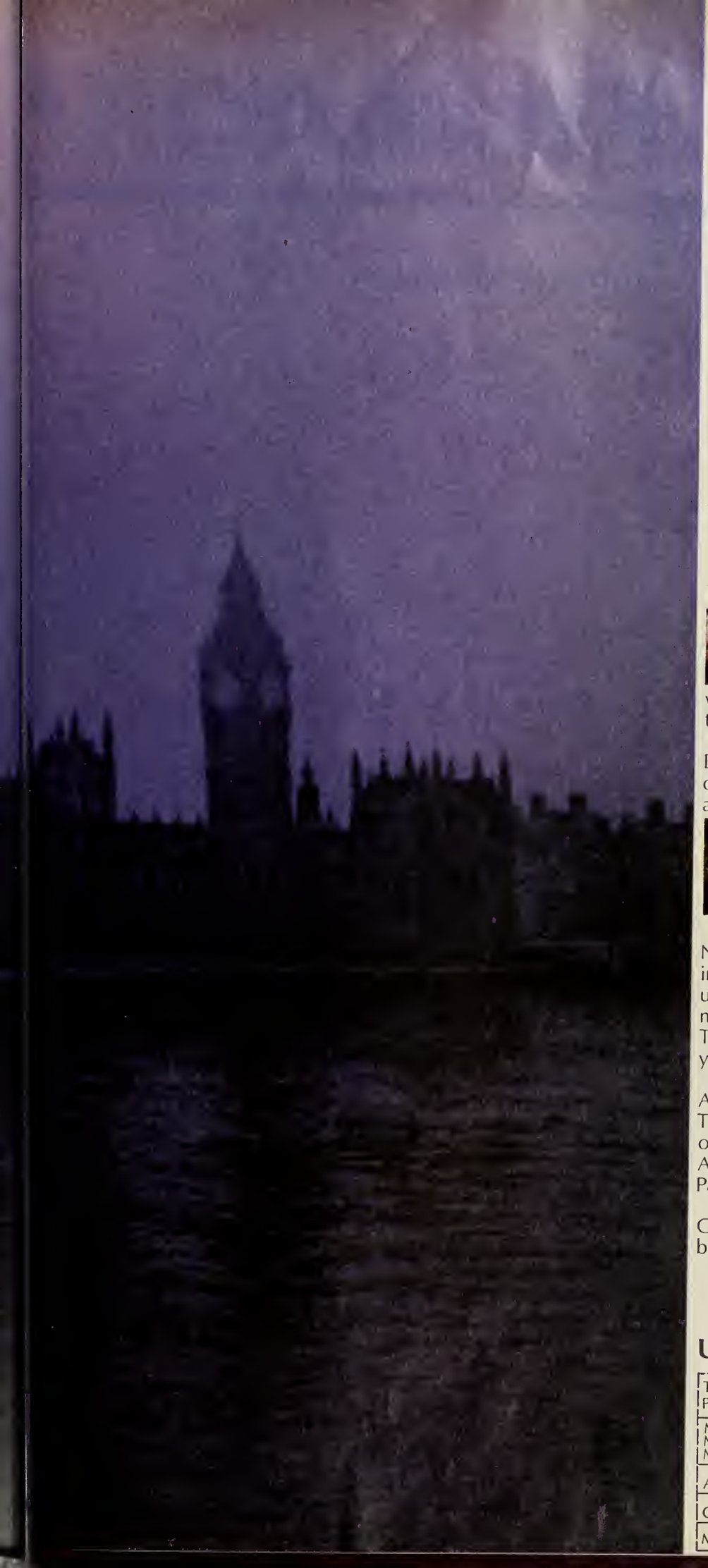


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EXCURSIONS

Here are family-tailored ideas for vacation side trips.

VISITING TOM SAWYER

To anyone who has been beguiled by Mark Twain's Mississippi River tales, a visit to Hannibal, Missouri, seems like a homecoming. Not surprisingly, this almost uncanny sense of belonging comes as you visit other places that figured in favorite novels. By bringing the right book along, you'll discover a new dimension in an already pleasant excursion.

In Hannibal, Mo., a small town on the banks of the old Mississippi River, you can renew your acquaintance with Huckleberry Finn and Tom Sawyer. Their creator lived here during his youth. Mark Twain (alias Samuel Clemens) drew heavily on his hometown and his boyhood pranks for his famous novels. Actually, Tom Sawyer was Mark Twain, and Hannibal is the St. Petersburg of both the Tom Sawyer and Huckleberry Finn adventure books.



Most all the landmarks Twain knew and wrote about have been preserved. For instance, at Twain's boyhood home you can climb the stairs to the second story and see the window and the rainspout (re-created) down which Tom often slid to join Huck. You can tramp the dark labyrinths of the cave (two miles south of town) where Tom and his girl friend, Becky, were lost, and where Tom and Huck found gold "under the sign of the cross." You can visit the home of Becky Thatcher, and drop in at the law office in which young Twain spent the night with a corpse.

Adjoining Mark Twain's home is an excellent museum. Among its treasures is the battered cherry desk on which Twain wrote "Adventures of Tom Sawyer." The "Painting of the Fence," an intriguing episode from the same book, is recalled each May when local Beckys and Huck Finns whitewash the old fence outside the home. To get the feeling of Twain's book, "Life on the Mississippi," you may take a short cruise on the mini steamboat down on the riverfront.

"The Jumping Frog of Calavera County" was Twain's first publishe success. He wrote it while living at An gels Camp, Calif., then a gold minin settlement. The aura of those early day still hangs over the town and, believe or not, a jumping frog contest tak place annually in May. If your childre have an athletic frog in the car, this the place to see how far he can jump.

Thomas Wolfe's boyhood home at Spruce Street in Asheville, N. C was the prototype for the Dixielan boardinghouse in his best seller "Lo Homeward Angel." Its rooms look mu as Wolfe described them: the high ce ings, the piano that his sister play for boarders, the huge old-fashion kitchen, the bedroom in which his brot er died. You may find yourself listeni for the booming voice of "Old M Gant," head of the house. (Admissi 50 cents, open May to October.)

You can almost feel heat from t ruddy glow of the fire in the h hearth, and hear the "North Wind ro ing" at John Greenleaf Whittier's hom stead (built in 1688) at Haverhill, Ma The parlor is furnished as it was wh the Whittier family gathered there d ing the wild snowstorm described so v idly in the poet's moving masterpie "Snowbound."

Go fishing in Walden Pond? You c tainly can, much as Henry Da Thoreau did when he lived by its ba and wrote his classic treatise on glories of nature. And the trout fish is rated excellent. The pond today deep and blue and clear, thanks to re ration. It's now part of a county reser tion, and lies just south of Conc Mass. Nature trails lead around pond past a plaque marking the of the isolated cabin where Thor lived and wrote.

At Cooperstown, N.Y., you'll f glimmering Otsego Lake, the "Gl merglass" of James Fenimore Coop "Leatherstocking Tales." You can by motor launch to many spots author described, and picnic and sw at Three Mile Point; there Chingachg of the novel, "The Deerslayer," m his famous escape from the Hurons.

The haunts of Washington Irving's forgettable characters, Ichabod Cr ("The Legend of Sleepy Hollow"), Rip van Winkle become very real w you visit Tarrytown, North Tarryt and Irving, N.Y., the Sleepy Ho

country along the east banks of the Hudson River. A "Headless Horseman" bridge spans the Pocantico River near the site where the ghostly rider hurled his pumpkinlike head at the gangly Crane. The little Dutch church Irving described as "the favorite haunt of troubled spirits" stands nearby on the Philipsburg Manor restoration. The author is buried in its cemetery.

"Sunnyside," Washington Irving's luxurious home, has been restored and



is open to the public. It was once owned by the Van Tassels, a family immortalized in "The Legend of Sleepy Hollow." Of course, it was in the Catskill Mountains, rising up from the Hudson River, that Rip van Winkle went to sleep. Last year marked the 150th anniversary of the publication of "The Sketch Book," of which "The Legend of Sleepy Hollow" and "Rip van Winkle" are a part.

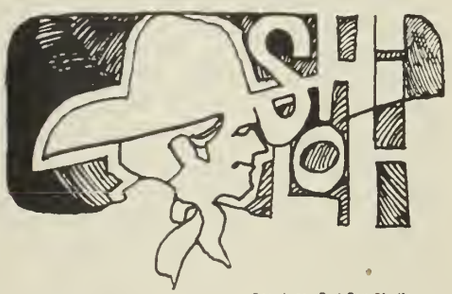
Stroll down Main Street in Sauk Centre, Minn., and you are in Sinclair Lewis' hometown on the thoroughfare that inspired his famous novel, "Main Street." The Lewis home, a state historic site and National Historic Monument, is being restored and should be open this summer. The Sinclair Lewis Museum in the basement of the Bryant Library houses some personal effects, including the desk at which the author is said to have written "Main Street." Lewis is buried in the cemetery at the east edge of town.

Visit Red Cloud, Nebr., and you're in the heart of "Catherland," for this is the hometown of Pulitzer Prize-winning Novelist Willa Cather. In many of her stirring novels about rugged pioneer days, the town of Red Cloud was only thinly disguised as: Sweetwater in "A Lost Lady," Moonstone in "The Song of the Lark" and Black Hawk in "My Antonia."

Tour maps, marked with 27 sites found in her stories, are available at the Willa Cather Memorial Association office in the old bank building on Red Cloud's Main Street. On the tour, you'll see the cottonwood grove where the Cather children played and which became the setting for "A Lost Lady." You can climb the bluff along the Republican River, where the author described the plow in "My Antonia" as "black against the molten red, a picture writing in the sun"; visit the Miner Ranch and nearby grave of James Murphy, the Larry Donovan of "My Antonia"; and perhaps linger at the stream you read about in "The Lost Lady"—Crooked Creek with its bordering "twinkling" willows. You can also pay a visit to the author's childhood home, which even today looks as she described it in "The Song of the Lark": "A long story-and-a-half house with a wing built at the right and a kitchen addition at the back, everything on the slant—roofs, windows, and doors."

Off the island of Bimini in the Bahamas, Ernest Hemingway battled a tremendous fish, longer than his boat, that eventually helped inspire "The Old Man and the Sea," the book that won the author a Pulitzer Prize. Some say Alonzo Butler, his native guide and friend, was the prototype for "The Old Man." On Bimini, you can experience the great fishing Hemingway knew, and even stay at his favorite haunt, "The Compleat Angler Inn."

These are only a few of the fascinating literary scenes you can explore. At Oakland, Calif., for instance, Jack London equipped the "Snark" and set



Drawings: Red Fox Studio

sail on the South Sea journey that resulted in that famous sea story, "The Cruise of the Snark." Today, many traces of his days in Oakland remain, including Jack London Square.

"Ramona," Helen Hunt Jackson's romantic drama, is vividly represented at San Jacinto, Calif.

In Salem, Mass., you can still call at "The House of Seven Gables," which inspired Nathaniel Hawthorne's novel of the same name.

If you are a western buff, you'll enjoy Medicine Bow, Wyo., scene of Owen Wister's compelling novel, "The Virginian." The ranch where Wister rode as a cowboy before writing the novel was not far from this village, nor was the original "Shiloh Ranch." The most prominent edifice in town is the old stone-block Virginian Hotel. Even today, Wister would recognize its heavy old bar, for it was here that he involved his character Travis in a furious fight—and it was here The Virginian said, "When you call me that, smile."

GHOST TOWNS

There are hundreds of ghost towns hidden away in the Rocky Mountains. Once these communities were booming and growing. Today, with mines abandoned, only a few are inhabited, and most are in ruins. Still, the aura of those lusty days hangs over them, and once you start searching for ghost towns, you'll find it hard to stop.

COLORADO. Colorado claims 300 ghost towns, most of them in regions where gold and silver mining thrived.

West of Denver, you'll find not only abandoned ghost towns, but some that are still inhabited. Among the latter is Central City. Take U.S. 6 to State 119. Ten thousand gold miners and their families flocked here to get rich, and a few did. Today, there are only 250 residents. The town's wealth is recalled in an elegant old Victorian opera house, dripping with crystal chandeliers.

Drive 45 miles west of Denver on U.S. 6, and you'll come to picturesque Georgetown, site of the state's first big silver mine. Left over from its yesterdays are pink and yellow frame houses and Hotel De Paris, now a museum.

It's like stepping into the past when you visit Cripple Creek, 45 miles west of Colorado Springs via the Gold Camp Road or Ute Pass. The 9591-foot-high mountain town looks almost as it did when 25,000 people lived here, and big gold strikes were everyday occurrences. Now 600 people keep the town's memories bright. You can learn firsthand about gold mining on the tour into the 1000-foot-deep Mollie Kathleen mine.

The old town of Marble is 50 miles south of Glenwood Springs. It was here the largest single block of marble in the world was quarried for the Tomb of

Continued

the Unknown Soldier in Washington, D.C. As many as 10,000 people once lived in Marble. Today, only 50 people call it home.

If you wish information about Colorado's many ghost towns, write to the Division of Commerce and Development, Travel Section, 602 State Capitol Annex, Denver 80203.

IDAHO. Idaho City, 39 miles northeast of Boise on State 21, lies in the heart of the 18-square-mile mountain-ringed Boise Basin, scene of the richest gold rush in American history. Over $250 million in gold came from this area during Civil War days. The basin is loaded with ghost towns (lightly inhabited, usually by summer residents), such as Centerville, Placerville, and Summit. Idaho City, though it has dwindled from 15,000 residents to 188, is still queen of them all. Many of the original buildings from the town's boom days are still standing. Stop at the *Idaho World,* the local paper that has been producing regional news for over a hundred years. The old Wells Fargo station and former post office is now a museum where you can see an animated miniature gold mine and an elaborately engraved invitation to a hanging.

The Challis National Forest of north-central Idaho contains two intriguing ghost towns, Bonanza and Custer. Both of these placer mining relics are along the Yankee Fork of the Salmon River. Driving into this rugged valley, flanked by the Salmon River Mountains, will give you an idea of the physical problems miners faced to get their gold to market. Plan to visit the little mining museum in the former schoolhouse at Custer. (To reach the two ghost towns, follow U.S. 93 to Sunbeam, then north ten miles on Forest Road.)

For more information on Idaho's ghost towns write: Department of Commerce and Development, Capitol Bldg., Boise 83707.

WYOMING. South Pass City, south of Lander, was an up-and-coming town of 2000 prospectors during the 1867 "Sweetwater Gold Fever Rush." Cash registers rang at the South Pass Hotel, Exchange Saloon, Variety Theater and Wells Fargo Office. The state plans to restore these buildings (all standing), as well as others. One establishment you'll find little changed is Ft. Bourbon, a small cave in which the men hid their whiskey, women and children during Indian raids. South Pass is reached via Wyoming 28.

The cities of Cheyenne, Laramie and Rawlins are surrounded by ghost towns, many reduced to mere foundations.

History and legend abound in "The Grand Encampment," a cluster of eight former copper mining camps: Battle, Copperton, Dillon, Elwood, Encampment, Rambler, Riverside, Rudefeha. All lie within a 50-mile radius in the Sierra Madre Mountains. Encampment and Riverside, the only two that are inhabited, are on State 230 south of Saratoga. The others are within the boundaries of Medicine Bow National Forest. The forest road from which you reach these ghost towns crosses the Continental Divide at an elevation of 10,000 feet. Many viewpoints will stop you along the way. Take State 0410 west from Encampment to get on the forest road.

Pioneers dubbed Battle "The next stop to heaven" because it was perched atop the Divide. Today nothing is left except the water system. You can prove to yourself that it works by taking a cool drink from the pipe alongside the road.

For a map of Wyoming ghost towns, send $1.50 to the State Library, Cheyenne 82001.

MONTANA. Just about any old mining road in Montana will lead you to a ghost town. The state has officially counted 90 of them with some buildings standing, but the Ghost Town Preservation Society claims it has documented about 500.

You might begin your exploring with Bannack, reached by good roads and located off State 278. You'll find it in the Bitterroot Mountains west of Dillon. It was the site of the state's first major gold strike and its first territorial capital. Reminders of its tumultuous past, when 1000 people lived here, are the jail, church, hotel, and a variety of log and clapboard buildings. Memorable in Bannack's history was the time local citizens hanged the town's first sheriff.

It is a gradual ascent and a good road to mile-high Elkhorn, lying in the shadow of 9000-foot, marble-cliffed Elkhorn Peak. Thirty-two million dollars' worth of gold was mined here. But all that remains of those boom days are the Independence Dance Hall, some rotting business houses, and the old mill. Elkhorn is south of Boulder, off U.S. 91.

Considered by some as the "best ghost town of all" is Granite, site of the richest silver mine on earth. Forty million dollars' worth of the precious mineral came from this community. The mill has deteriorated, but a few brick and wooden buildings have withstood the ravages of time, wind and weather. Granite is near Phillipsburg on U.S. Highway 10A.

Other mountain ghost towns well worth a visit are: Garnet, east of Missoula, reached by turning north off U.S. 90; Marysville (pop. 45), northwest of Helena, once the headquarters for miners who worked the Bald Mountain, Empire, Bell Boy and Brumlummon mines.

For a list of the state's ghost towns write: State Highway Commission, Advertising Department, Helena 59601.

NEW MEXICO. New Mexico teems with ghost towns—fronter communities that died because forts were no longer needed to protect lifelines like the Santa Fe Trail, and because coal and gold production died out.

One of the most interesting of these is White Oaks. It lived only 20 years but during that time its Homestake Mine yielded three million dollars in gold. You'll find White Oaks 11 miles northeast of Carrizozo on Route 349.

In the southwestern section of the state, there are three outstanding ghost towns: Shakespeare, which boomed as an important stop on the Butterfield Stage Line. Hillsboro, a former gold rush town in the scenic Black Range (west of Caballo on State 90); Mogollon, so representative of early western towns that college students make field trips here (on State 78 in the Gila National Forest).

There's not much life in Madrid. Winds whistle through broken windowpanes, bang the shutters of vacant houses and whip wickedly about the old saloon.

This was a coal town, as you can tell from the miners' shacks dotting the hillside. Madrid is 30 miles south of Santa Fe on State 10. Cerrilos, only three miles from Madrid, is on this route. It has some going businesses, and excellent food is served at Tiffany's Saloon.

For a map of New Mexico's ghost towns, write: Department of Development, 113 Washington Avenue, Santa Fe 87501.

WILDLIFE REFUGES

Buffalo herds that passed for days without letup . . . flyways so thick with geese and ducks folks couldn't sleep for the racket of birds overhead . . . streams flooded with migrating salmon. Stories like those recall the days when wildlife was a resource people took for granted.

Fortunately, some of that past abundance can still be sampled in certain

ational parks and monuments, in re-
iote wilderness regions, and especially
ı the country's national wildlife refuges.
There are 328 of them nationwide, and
ney defy generalization.

Here is a seleetion of wildlife refuges that are particularly suited to family ɛeursions:

ort Niobrara. In the sandhills of north-
n Nebraska near Valentine, you ean
ive through a holding pasture for close
oks at shaggy buffalo. Then follow the
ad to adjaeent rolling hills where a
rd of Texas Longhorn graze, a com-
on sight in the early days of the West
ıt rare today. Look for prairie dog
wns with their interesting residents.
ving with the prairie dogs, and usual-
seen atop their mound homes, are
rrowing owls, an endangered speeies.

ational Bison Range. Five hundred
ffalo wander freely on 19,000 aeres of
asslands in this "Land of the Shining
ountains" near Moiese, Mont. From
ne 1 to September 30, you ean take a
-mile, self-guided seenie ear tour
ere you can see buffalo, elk, deer,
horn sheep, antelope, and sometimes
ountain goats. Birds in the region in-
de golden eagles, grouse and Clark's
teraeker. A part of the range is visible
m U.S. 93, but refuge headquarters
loeated southwest of Ronan on State
ad 212.

chita Mountains. North of U.S. 62
ır Cache, Okla., you'll see an impor-
t herd of buffalo (1000 head) and elk,
r and Longhorn eattle. There are
od camping facilities, hiking trails,
ing and swimming.

rt Mountain. One of the eountry's
gest antelope herds grazes at the Hart
ountain National Antelope Refuge, 65
es northeast of Lake View, Ore.
e best time to see the animals is dur-
the warm months between mid-May
November.

ır River. Loeated in northern Utah,
miles west of Brigham City, this

Ells Maruge



remaining buffalo in refuges

Martin Litton



You may get a photograph like this

refuge hosts a million migratory birds in the fall, and fairly teems with birds in the summer. Geese, dueks, cormorants and herons are eommon here. For magnifieent views of the birds, take the 12-mile self-guided drive over the tops of artifieial dikes, stopping at the observation platforms.

Squaw Creek. This refuge in northwest Missouri's eentral flyway is the scene of the spring flight of the blue and lesser snow geese, one of the greatest ornithological displays on earth. In March and April, floeks may number 250,000 birds. As the geese move northward, they ean be seen at other refuges on the flyway. Late summer, too, is rewarding at Squaw Creek. Hundreds of thousands of migrating gulls stop to rest here. Egrets ean be seen almost every day. There are photographie blinds along a self-guided tour route.

Tamarac. This heavily wooded area, 18 miles northeast of Detroit Lakes, Minn., lies in old Indian territory. All summer long, 3000 potholes and 25 lakes shelter a variety of ducks, muskrats and beaver. Among the geese nesting here are the giant Canadas.

Aransas. The rare whooping cranes winter at this refuge 75 miles north of Corpus Christi, Tex. On the loop road, there are observation platforms with teleseopes. Don't be surprised if you send wild turkeys, javelinas and armadillos scurrying.

Chincoteague. This refuge on the eastern shores of Virginia and Maryland is noted for its shorebirds and wild ponies, the latter readily visible from the road to the beach. A wildlife sunset cruise with a naturalist ($2; ehildren $1), hiking trails, slide leetures and evening wildlife movies make this a delightful plaee to visit. Only foot traffie is permitted in the refuge.

Okefenokee: Located south of Wayeross, Ga., this is perhaps the most celebrated refuge. In summer, alligators peer from beneath deep moss. Dozens of shorebird varieties linger here. You can take a boat trip from Okefenokee Swamp Park, just off U.S. 1, into the interior of this "land of the trembling earth."

Among other appealing wildlife watching areas are refuges of the Klamath Basin straddling northern California and southern Oregon with their enormous waterfowl populations. Eaeh spring at the *Malheur Refuge* near Burns, Ore., sandhill eranes stage their speetaeular nesting danees.

Florida abounds in refuges. *St. Marks* on the west eoast is a major goose wintering area. To the southeast is *Chassahowitzka,* another great bird refuge. Here you'll not only find wood dueks, pelieans, herons and laughing gulls, but also alligators. In the far south is *National Key Deer,* a sanetuary for our smallest deer.

The entire Atlantic seaboard is dotted with homes for wildlife. Beginning in May, the renowned shorebird population at *Monomy Refuge* on the elbow of Cape Cod, reaehes its peak; in July, birds are in fall plumage. At *Moosehorn, Me.,* in early spring you ean witness the mating performanee of the woodcoek. Here you ean also see harbor seals and go hiking, elamming and pienieking. ■

Doug Wilson



The big birds are pelicans; the little fellows are gulls



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OF CONCERN NOW

Auto pollution

Continued from page 40

support research and development. A federal program to investigate alternate power sources is already under way; for instance, the government has let a contract for the construction of an experimental steam-powered transit bus in California. But government must go farther than that: perhaps initiate experimental vehicle programs through the armed services, or subsidize private enterprise trying to break into the automotive industry with new power sources. No doubt much of the money will be wasted, but some will end up being well spent, and may well accomplish more—faster—than private industry alone can reasonably do.

The consumer has responsibilities too. First we must examine our attitudes about cars. We need them for transportation, and we want them to be comfortable. But we must face the fact that our desire for more speed, more power, and more luxury which is often simply a matter of ego gratification, has helped put us where we are.

In fact, the car-buying public has always contributed to the shortcomings of the automobile industry, not that this excuses the shortcomings. Take safety, for example. One major automobile company ran extensive tests, then installed several very important safety features in its cars. This move was accompanied by an intensive advertising campaign. It is fair to say that, as a sales promoter, safety flopped; the public was not willing to pay extra for safety, while willing to pay for less substantial features. In a social sense, as opposed to a sales sense, this was no reason for the automobile industry to stop pushing safety devices, but that's what happened. Finally government action, spurred by consumer pressure, brought about installation of safety devices on all automobiles. Then what? The National Safety Council had to mount an immense campaign to get us to use the safety belts. (Do you use yours now?)

How does this relate to auto pollution? Simply in the fact that, again, consumer and government pressure has forced positive changes, and we must face the reality of helping to pay for those changes. So far, emission control devices and engine modifications have added about $80 to the cost of today's car. By 1975, the new devices will cost another $100 to $200. If the devices do the job, then the cost is reasonable, especially considering that a great many of us pay more than that for nonfunctional luxuries.

Lead-free gasoline, which undoubtedly will be required to operate the exhaust control devices to come, also will cost more: about two to three cents per gallon. For the time being the only way you can make lead-free gas pay off in your own antipollution campaign is to try a lower-octane unleaded fuel: you'll at least cut out the lead and perhaps reduce hydrocarbon emissions. The trouble is, however, that the lower octane non-leaded fuels may make older high-compression engines knock. Consult a good mechanic: some cars can be adjusted to accommodate the lower octane, and you could then have the satisfaction of personally contributing to cleaner air (while prolonging the life of your muffler).

But more important than such gestures is to keep yourself informed of at least the basic facts in this highly technical area of automotive pollution. Only then can you make your voice felt in encouraging legislators to push sound and practical antipollution programs.

Meanwhile, even as things are, we can all do a much better job for cleaner air by maintaining our cars in good order. For detailed information how, go back to the article "How to make your car a clean air citizen" in our February, 1971 issue. There's certainly no sense in spending extra money on today's low-pollution automobile when one bad spark plug can turn it into a vile smogger. ■

Next Month:
SEWAGE
What can be done and when?

Visit our surprising cities.



Canadian cities are different.
Different from American cities.
Different from other Canadian cities.
Montreal is big, French, cosmopolitan, lively at night, historic by day.
Compare Quebec City, the provincial capital. Quebec is much smaller. More French. Less cosmopolitan. Lively at night. Even more historic by day.
A 400-year-old, walled city, with twisting, cobblestoned streets that should be investigated either on foot, or by horse-drawn caleche.
Vancouver. A continent away geographically, and worlds away in atmosphere. Our big Pacific harbour city. And across the Straits of Georgia is a little city more English than any place in England has been since the days of Queen Victoria. Victoria, British Columbia. Garden parties and thatched cottages. Cricket and the conviction that the sun has yet to set on the British Empire.
In Toronto, you'll hear more Italian spoken than in some Italian cities.
In St. John's, Newfoundland, you could cut the Irish brogue with a knife.

There's only one thing our surprising cities have in common. They all welcome visitors.

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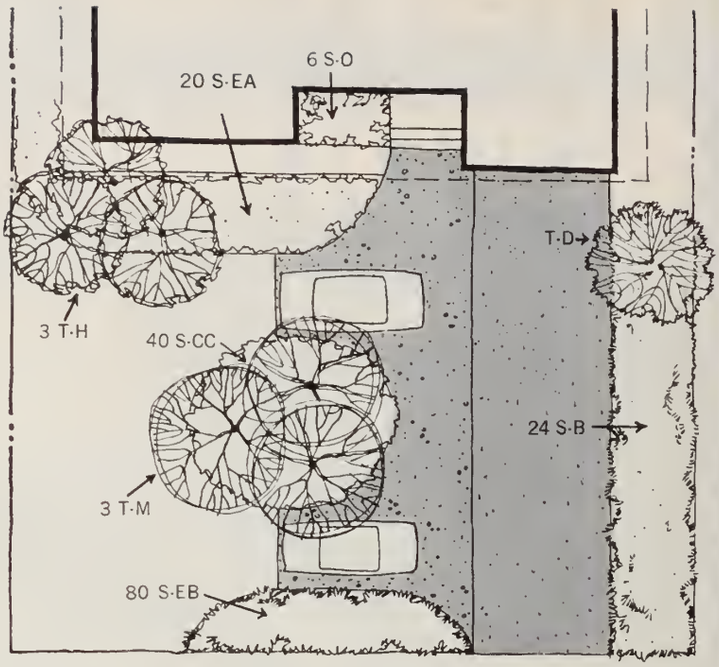
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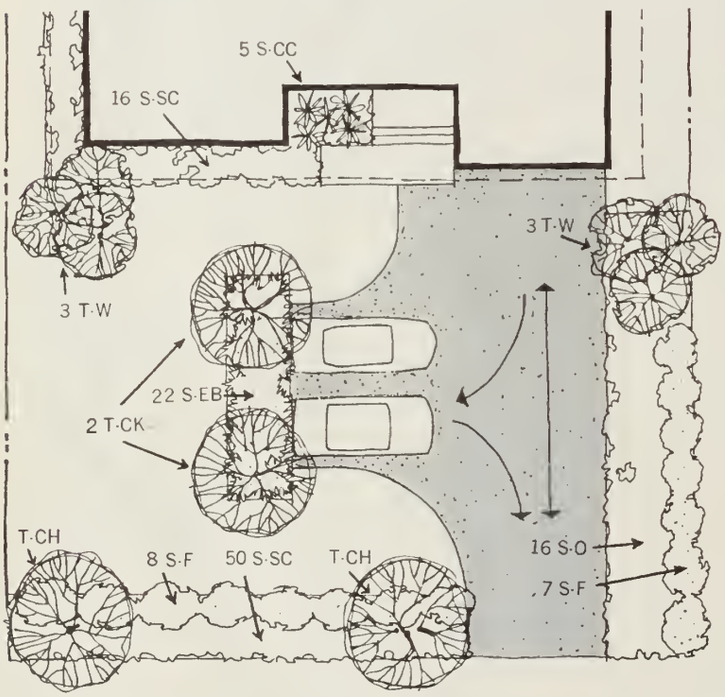
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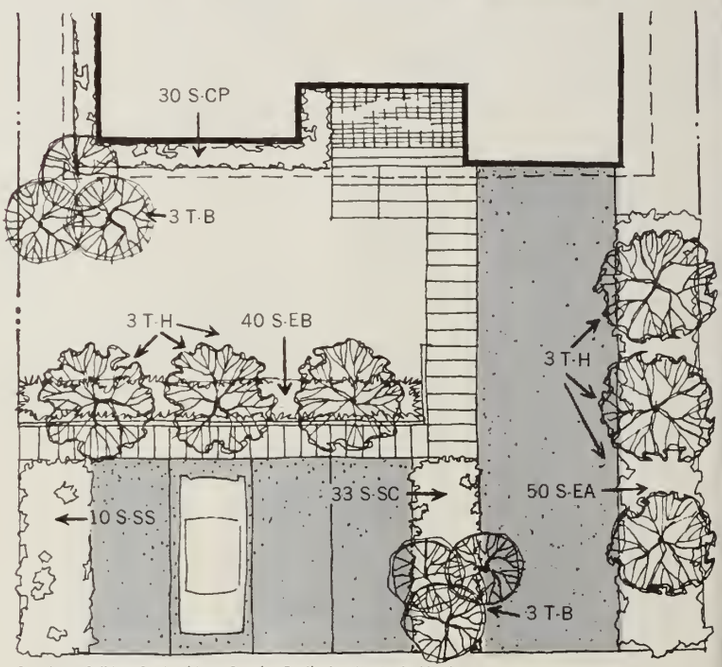
How to plan and plant off-street parking

How can you get extra cars off the street—and, what can you do to make the area attractive? Here are three designs for an 85x60-foot property—with different solutions for parking and landscaping. We give a range of prices for plant material so you can work out your plan as the budget allows. All plans are designed for minimum maintenance. The plants are keyed to the price list below.

Right: The parking area cuts out a 24-foot strip from the property—but reduces the lawn area to be maintained. Small trees, suitable to the space, are used here and in the other plans. The dogwood and hawthorns are clouds of white in spring—broom is yellow. Moraine locusts cast a light shade over parking area. They're deciduous but not messy.







Drawings: Soliday. Garden ideas: Douglas Baylis, Landscape Architect

Parking space is designed so there's enough room to swing around and head out to the street. Two white flowering crabapples (Katherine) and two pink ones (Hopa) form a spectacular blooming triangle, regardless of viewing angle. Oregon holly-grape has yellow flowers (to supplement the forsythia), followed by turquoise-blue berries.

Here, an asphalt or gravel parking space is actually an extension of the street. It makes parking easy for a larger number of cars—but check with local authorities as to whether this is permitted. Landscaping here calls for more trees—to provide privacy for the house and to screen the car space. The design is well adapted to a slightly sloping yard.

TREES

Key	Name	Price each
T-B	Buckeye 3-4 ft.	$7.50-10.00
T-CH	Crabapple Hopa 6-7 ft.	4.50-7.50
T-CK	Crabapple Katherine 6-7 ft.	4.50-7.50
T-D	Dogwood Eddie's White Wonder 4-5 ft.	10.00
T-H	Hawthorn Autumn Glory 4-5 ft.	7.50-9.00
T-M	Moraine locust 3-4 ft.	7.00-7.50
T-W	White birch 4-5 ft.	23.50 clump of 3

SHRUBS

Key	Name	Price each
S-B	Broom	$2.50-4.50
S-CC	Cranberry cotoneaster	3.75-4.50
S-CP	Canby pachistima	1.50-2.50
S-EA	*Euonymus acuta*	2.00-3.50
S-EB	Evergreen bittersweet 12-15 in.	1.50-3.50
S-F	Forsythia Spring Glory 3-4 ft.	3.75-4.50
S-O	Oregon holly-grape	4.25-5.50
S-SC	Spreading cotoneaster 18-24 in.	1.50-2.00
S-SS	Sweet-shrub	3.75-4.00

tep safely



u may have discovered ırd way, there's many a ixt step and kitchen step Of course, you can't do ıt a step stool—how else ou reach that top cup-shelf? But you can take minutes to master safe ool procedure.

, you should face the tool when ascending or ding and use only one a time. When reaching item, have both feet sol- ı a step. If you place a ı front of a door, make ıe door is locked. Chil- ın in and out of doors at st inopportune times.

e sure a fold-up stool is tely opened before us- ın't overburden yourself ɔo many or too heavy , and never try to reach ething too far away. In- ;et down and move the ɔser.

ny step stool, check to the nuts and bolts or are tight. Never use a d or broken stool. Be ɔber foot pads are clean ;ood condition. If there rough metal edges, file wn.

shopping for a step ok for one that's stable able. The legs should er-tipped and rest flat oor. One manufacturer the legs under to re- possibility of tripping. eps should be wide and r have a nonslip rubber They should also be ough for your feet to ne step comfortably, dy enough to support ible weight.

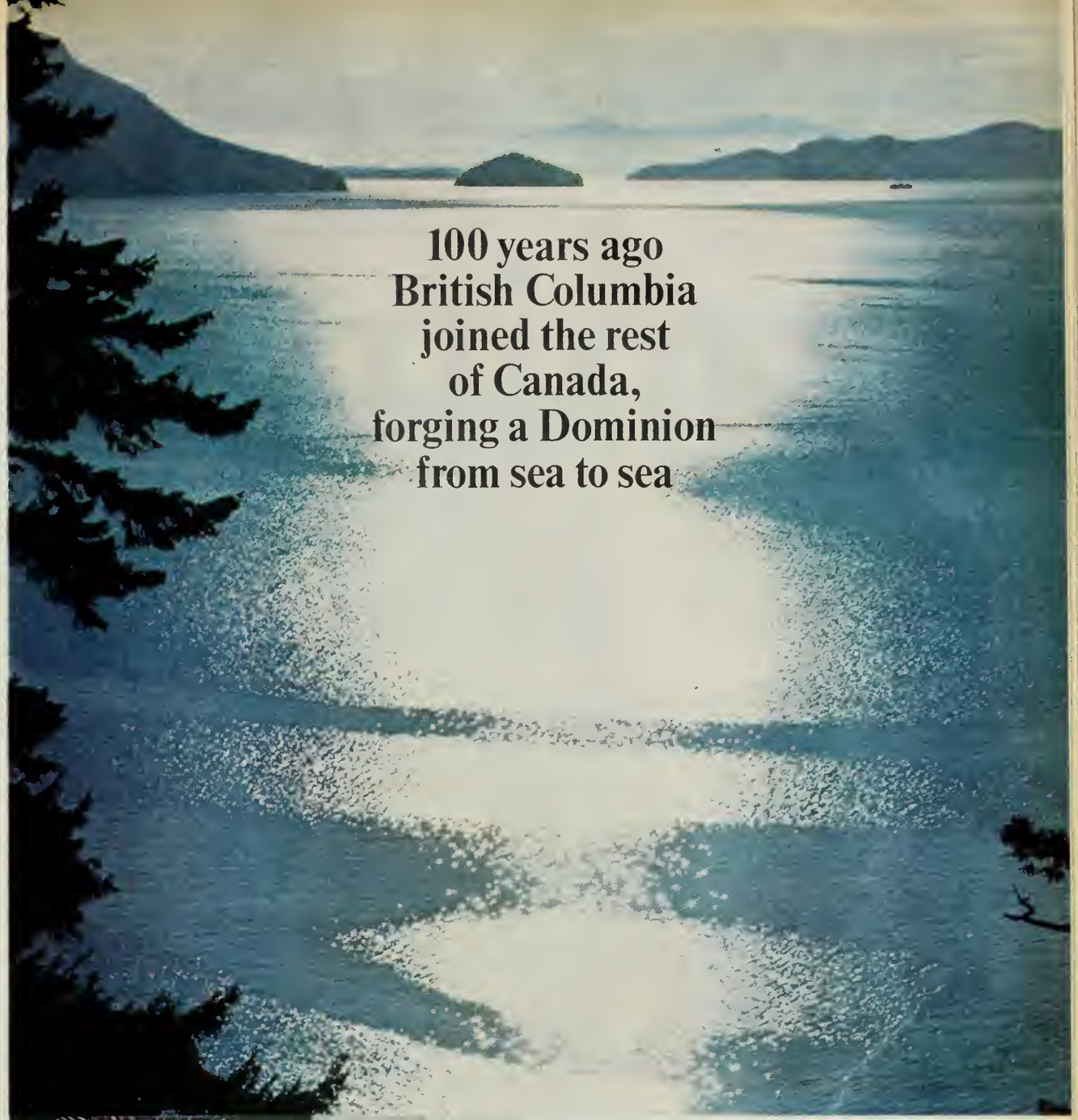
rcing braces prevent from spreading out- der stress. Steel steps ave rolled or beaded prevent cuts.

ep-stool seat should be ı stain-resistant mate- s easy to clean. Seats e in many attractive l patterns.

step stool comes nu- assembled, be careful when you put it together. Make sure all screws are tight and all parts fit together well. If any part is missing, don't attempt to use the stool.

Before you buy a new step stool, consider what you plan to use it for, the amount of space in your kitchen, and how high you must reach. If you need a chair for sitting at the sink or ironing, purchase a step stool with a back and comfortable seat. If you don't need extra seating, try a smaller step stool or kitchen ladder.

If you're short on kitchen storage space, consider a fold-up. You can hang it in a broom closet, or behind a door. ■





Join us this spring for our Centennial celebrations!

The flags are waving in British Columbia, and the bands are on parade. It's our Centennial year and festive events are happening everywhere. From Vancouver Island to the Peace River country, from the Cariboo to the Kootenays. But even more exciting than the celebrations is the land itself. Vast and green and immensely varied. If you haven't yet discovered the wonder of British Columbia, be sure to make it this year. For a colorful preview — including a calendar of Centennial events — write: Government of British Columbia, Department of Travel Industry, 1019 Wharf Street, Victoria, British Columbia, Canada.

BRITISH COLUMBIA CENTENNIAL '71

You can't beat beans

For nutritious full-flavored meals at budget prices, you can't beat rib-sticking dried bean dishes. Dried beans are available in a variety of shapes, textures, flavors, and colors.

Choose from black beans, pinto beans, black-eyed "peas," pink-marked cranberry beans, red and kidney beans, or garbanzos, as well as varieties of white beans such as navy and Great Northern.

To buy and store

One pound of raw beans is approximately 2 cups uncooked or 4½ cups cooked beans.

Buy beans which are uni in size and quality. Pack beans are usually sorted washed before packaging they only need rinsing. If buy beans in bulk, sort fully, discarding broke damaged ones, and wash water is clear.

Uncooked beans may stored in their package o kitchen shelf for about year. You can keep c beans and bean dishes, co in the refrigerator one t days, or you can keep wrapped and in the freez to one month.

Soaking

It's necessary to soak be replace the water lost i drying process. If you for soak the beans overnigh want a bean dish for dinn the quick-soak method. S measure the amount of co ter called for on the pack in the recipe into a heavy pot. Add washed and bring to boiling; sim minutes. Remove from cover, and let stand 1 Then cook according to directions. You can ser dish in about five hou don't think of this ti work! The beans requir watching as they simmer

Or, if time permits, traditional method. M soaking water into a heavy pot and add beans. Cover and let overnight.

Whichever method y save the nutritious liquid to use in cooki bean dish.

Tips on cooking

Simmer beans gently a occasionally to help the shape and make them l petizing. This also p beans from sticking to tom of the pot and bur

Prevent foaming by a tablespoon of butter, rine, cooking oil, or me pings to the beans wh are cooking.

For pressure cooki vent foam or vent clog filling cooker no more th third full. Add the on spoon fat also.

For extra flavor, a ingredients during the time: onion, green pep ery, pimiento, meat, Always add high acid such as tomatoes, lem vinegar, or wine—clos end of the cooking pe cause acid slows down ening of the beans.

Test for tenderness ing a few beans with t of a sharp knife or a fo

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Better Homes and Gardens

WESTERN Travel Directory

ara Pacher, Western Travel Editor

otograph: Martin Litton



he Armstrong Redwoods

The Indians called it the "dark e," and shunned it. The mas- redwoods grow so high and close here that they block out sunlight. There's almost no ergrowth for deer to eat, and small animals for the bob- s diet. The trees themselves bor no insects for birds, gh bird songs float across canyon depths.

Early California settlers called e "Big Bottom Country." In 1870s, Colonel James Arm- ng began to cut the big red- ds and farm the cleared l. But he was aware of the forest's beauty, and set aside an area on Fife Creek, a few miles north of Russian River, to be preserved in its natural state.

To visit these woods, turn off Route 116 in Guerneville onto Armstrong Woods Road. It's two miles to the state preserve.

At the park entrance, pick up a free guidebook and walk the tranquil, well-marked nature trails. Then eat at one of the many picnic areas beneath the huge trees; you'll find plenty of fireplaces and barbecue pits. The day-use fee is 75 cents.

Don't count on camping here, though. There are only 20 campsites in the park and another 25 in nearby Austin Creek State Recreation area. If you do get in, the fee at Austin is $1.50 a night, which includes restroom and hot shower facilities.

Spring in Zion

It's runoff season in Utah's Zion National park, and the Virgin River, which carved the park's giant monoliths and 3000-

Continued

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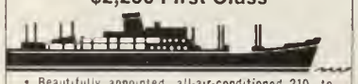
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Twenty-six miles east of Sa-, Oregon, lies 8250-acre er Falls State Park—well th the short detour off Inter-e 5. (Take Highway 22 east Salem for 6 miles to State hway 214, which brings you he park.)

There you'll find a cool, forested canyon with 14 waterfalls, five of them over 100 feet high. You can view the two highest falls, 136-foot North Falls and 177-foot South Falls, by car and a short trail. There is a free picnic area at South Falls. To see the other waterfalls, you'll hike heavily forested trails shaded by Douglas fir, hemlock, cedar, and maple, and dotted with delicate wild flowers.

Camping facilities for tents and trailers are located near the park entrance. Firewood and drinking water are convenient; fees are $2 and $3 per night.

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hat, make a lei or play Hawaiian-style checkers with beach stones and lava rock. You'll see tapa-making and quilting while the music of four centuries ago drifts across the village.

When you return from this trip back into time, you may wonder if Western man is truly so "civilized" after all.

A new park at Great Salt Lake

To float along effortlessly in the buoyant, briny waters of Great Salt Lake is a rare treat for any swimmer. One of the best places on the lake for this is the new Great Salt Lake State Park, on the northern end of Antelope Island.

From Salt Lake City, take I-15 north to Syracuse, then turn west on U-127. At the lake, a long causeway stretches out to the island. On your left, there's the freshwater of Farmington Bay. On the right is the Great Salt Lake.

This is Utah's newest state park, and it's still being developed, which is one of the things that makes it so attractive. At the moment, it is relatively untouched. You'll fin camping, picnic and boating f cilities, and there are freshw ter showers right on the beac Drinking water probably w not be available until the er of summer, so bring your ow An accidental gulp of the Gre Salt Lake can bring on an u believable thirst, for the lal is four to five times saltier tha the ocean.

You also can expect any op cuts or skin abrasions to sti fiercely. Very small children m be annoyed by swirling clou of tiny black brine flies on t lakes beaches, but these lit insects neither sting nor bi They're the main food sour for the abundant birdlife y see here.

Climb Buffalo Point for excellent view of the lake a the surrounding Great Ba country. The point, highest sp on the island, is capped wi strange rock formations. Y might even find the small cr Kit Carson scratched on t side of one of these pecul rocks in the mid-1800s, wh he was a member of a scienti expedition. With luck, you c spot a buffalo herd that roa the privately-owned section f Antelope Island.

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yramid ake-bigger han Tahoe

In prehistoric times, a vast e covered almost all of rthwestern Nevada. The mas- e remains of that lake are ated on the Pyramid Lake lian Reservation, about 35 les north of Reno just off ghway 33.

It's larger than nearby Lake hoe, and is bordered by des- country sprinkled with awe- ne rock formations that in- ue artists and photographers. 00-foot-high, pyramid-shaped k gives the lake its name. ar it is Anaho Island, a wild- refuge populated by pelicans. There are two boat ramps on western shore near Sutcliffe. e 25-pound cutthroat trout e taken here. They died out, other trout species have n planted, and the fishing is good. The calm waters are for swimming and water- ng. Your family also will y picnicking on the sandy ches, and visiting the Indian ing posts at Nixon on the heastern end of the lake.

Columbia Gorge scenic drive

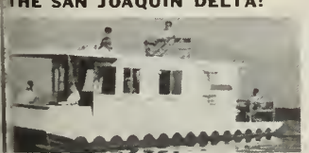
For 20 years the only low-elevation route between western and eastern Oregon was the famous Columbia Gorge Highway, an engineering classic in its day, blasted and carved through rugged cliffs and bluffs above the river. The old highway was eventually retired and replaced by a high-speed interstate freeway, but a pretty 24-mile fragment of it still exists. Called "Scenic Route," the stretch of old roadway parallels the new highway and river between Troutdale and Multanomah Falls, just east of Portland.

Views along the way are reminiscent of many old sepia-toned photographs, as well they should be. Perhaps a thousand published pictures were taken from the road's overlooks in the early 1900s, and many a western fireplace mantle is still adorned with a Columbia Gorge landscape scene.

Driving along, you pass cool and leafy state parks and a half dozen ribbon waterfalls. You can hike on short trails through quiet forests and along the rocky cliffs; trail maps are available from Mt. Hood National Forest Headquarters, Box 16040, Portland, Ore. 97216. From the trails, high above the Columbia River, views of the gorge are inspiring. By all means bring your camera and plenty of film.

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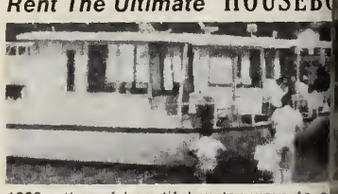
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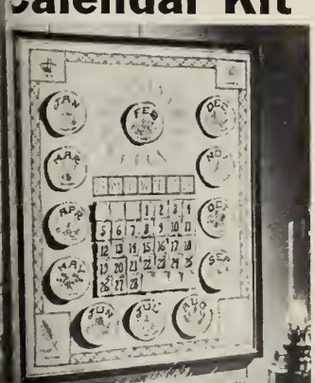
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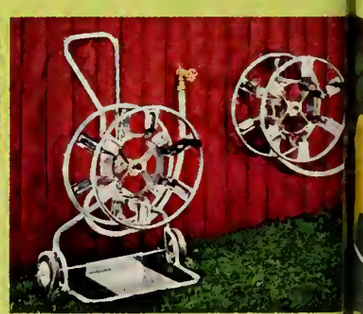
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Decorating a girl's room



Photographs: Hedrich-Blessing. Designer: Robert G. Curtis, Pogue's. Source: Patricia Mertz

A delicate floral backdrop in pastel tones of pink and green give this bedroom a thoroughly feminine feeling. Soft folds of fabric are suspended from curtain rods secured at the ceiling. For weight, rods are drawn through bottom hems. Storage units and coordinated corner desk in spring green trimmed with white complement this very youthful scheme and provide ample space for clothing, books, and bibelots.



Source: Lois Rea

Here a stylized floral pattern scores strong decorating points. Spotted in strategic areas about the room—bedspread, window valance, and drapery linings—the design adds just enough spice to the scene. A matching wallpaper border carries the pattern to the walls and continues the line of the valance. Since window wall was the best spot for the bed, glass was curtained with an opaque fabric.



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- ⅛ teaspoon salt

Cream together butter, margarine and powdered sugar. Beat in egg and vanilla. Combine flour, soda, cream of tartar and salt and add to creamed mixture. Mix well. Divide dough in half. Form each half into 2-inch round roll. Wrap in waxed paper or aluminum foil. Chill in refrigerator or freezer. Slice ¼-inch thick. Bake on ungreased cookie sheet in 350 degree oven 8 to 10 minutes. Cool on rack. Makes about 5 dozen. (Rolls can be stored in refrigerator, sliced and baked when desired.)

Get recipes for cutouts and other cookies shown by sending a self-addressed stamped envelope to "Powdered Sugar Cookies", C and H Sugar, 1 California Street, San Francisco, California 94106.

Ferns for shady spots

If you really want to garden, don't let too much shade stop you. There are many plants that thrive in the shade. And, they are just as rewarding to grow as the sun-loving kinds. Ferns can be considered the king of shade-loving plants and should be the backbone of the shady garden. Their soft, lush fronds impart a cool, peaceful feeling and make a complementary background to bright flowers and colorful foliage.

There are well over 7,000 varieties of ferns, but less than 50 hardy ones which are commonly available. For gardeners in warm-winter areas, many more types of tender ferns are able, some reaching hei 20 to 30 feet.

In both the hardy an der categories, there ar variations in shapes and plants, as well as confor of the fronds. Some are s double that they have a look; others have flat, leaflets. Some grow tight ground, but the fronds o arch from one to three f



Photograp

All types are fascinat spring when the fronds from tight curls, as i photograph above of t trich-fern (*Pteretis nodu*

Another outstanding f of most hardy ferns is the of culture. Once plant either spring or fall, the a minimum of attention. apply an organic mulch a them, there will be littl for weeding or watering additional water whe foliage starts to wilt.

Ferns do well in area get little, if any direc light, but they seem to a little early-morning o afternoon sun. The soil have good surface drain

When planting, dig pea or leaf mold into the s set the crowns of the plan below the soil level. Th ter in well. Don't hesit order your plants now a them out so they will h rooted and ready to t for an early start.

If planting in the fall, l to cover with a loose mulch. This prevents heaving which could lift set crowns out of the gr

Some flowering, shade- plants that look well wit are tuberous and wax be hosta, monarda, imp Fancy-leaved caladium bishops-weed are also

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UL judges performance only when performance is essential to safety. For example, a fire extinguisher or burglar alarm is tested for performance, but a washing machine is not checked for how well it launder how safely it does the j

In the Underwriters' tories, skilled engineers tests based on standard cable to like products. Th extensive records and stat and photographs if neede invent ways to misuse a as someone who fails to instructions may misuse

The outer side of an ditioner or an outdoor tested with a rain-sim shower. To over-test, U install a room heater a wood-paneled wall, with ies hanging just above check fire hazards. Thous tagged sections of insulat undergo abusive contort abrasion tests in the U room."

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4. A Stiffel clock. Old pine, trimmed with brass. Green velvet sash and mounting hardware included. Traditional in every respect except for the movement which is battery powered—24" high, 8½" wide, 4½" deep. About $115.

5. A wall shelf! Antique mahogany with antique burled spindles and drawer front. Old brass drawer pulls. Drawer lined with gold-and-white book paper. It's 11¾" high, 23¼" wide and 7½" deep. About $105.

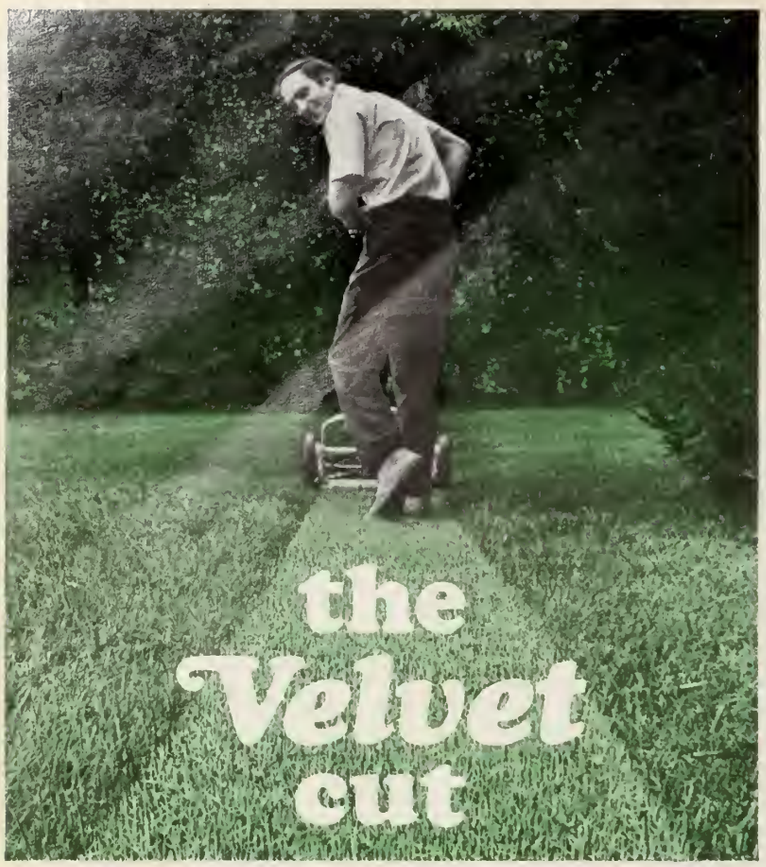
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Meet the meatless "meats"

Yes, you've undoubtedly met the meatless "meats"—but chances are, you only know them in the guise of vege tarian and special dietary fare. The mock "meats" we' talking about are something else again. They're availabl in a mind-boggling array of sizes, shapes, and flavors. I fact, if you want to stage an off-beat (or off-meat) dinne you can serve an entire meal, including the hors d'oeuvr and the main course—using meat imitations.

Food engineers can design a "meat" with less fat and much or more protein than real meat. Meatless "meats" ca contain as high as 30 percent protein—the average in re meat is 13 to 22 percent. Man-made "meats" can contain little as one percent vegetable fat compared to about nin percent animal fat in real meat.

Start with soybeans

Most of today's man-made "meats" are made from processe soybeans. The soy protein is spun into fine silky thread These filaments are treated with synthetic colors, flavor vitamins, minerals—even fat—so that the final produ looks, cooks, and tastes almost like the real thing.

Less expensive than spun fibers is the soy flour that r sults from a special extrusion-type processing. This textur protein is used by food processors to enrich existing foo without changing their taste.

The newly created foods are called by many names: me analogs, substitutes, mock meat, edible spun protein, a vegetarian food. They are available in three forms: canne frozen, and dehydrated.

The products that can be produced by the use of soy pr tein are almost limitless. They include baby foods, chip di and meat-like (but totally meatless) ham, fried chicken, a scallops. Mock frankfurters, chipped beef, luncheon loave and vegetable steaks are also on the market. So far, b steak has been the most difficult to imitate, but scienti are working on that.

Also available are cubes, strips, and granules of simulat ham, beef, and chicken. These are the principal protein i gredients in some soups, chili mixes, pot pies, casseroles, a ham and chicken salad mixes. You can get a meat imitati that looks like fried bacon bits, or a mock turkey roll th comes with a plastic wishbone.

Chances are, you've already had some of these meatl "meats" without knowing it. Many convenience foods su as soup mixes, chili, pizzas, and gravies contain sm amounts of flavored, textured soybean "meat" along wi the real meat. You may have to check the ingredient list the label to know the mock meat's there.

In some areas of the country, you'll find the main cou meat imitations sold only in health food stores or sto catering to those who eat no meat because of religious liefs, health restrictions, or personal preference. Most ch stores in large metropolitan areas carry meatless "meats" their specialty foods section.

They may cost more

While most spun soy "meats" still have a higher price t than real meat, the imitations contain no bones, skin, or cess fat. There's no waste or shrinkage.

Final success of meat substitutes will depend not only price, but on taste—and despite the work of food scienti some meatless "meats" have a long way to go. ■

Put your lawn on a fattening diet.

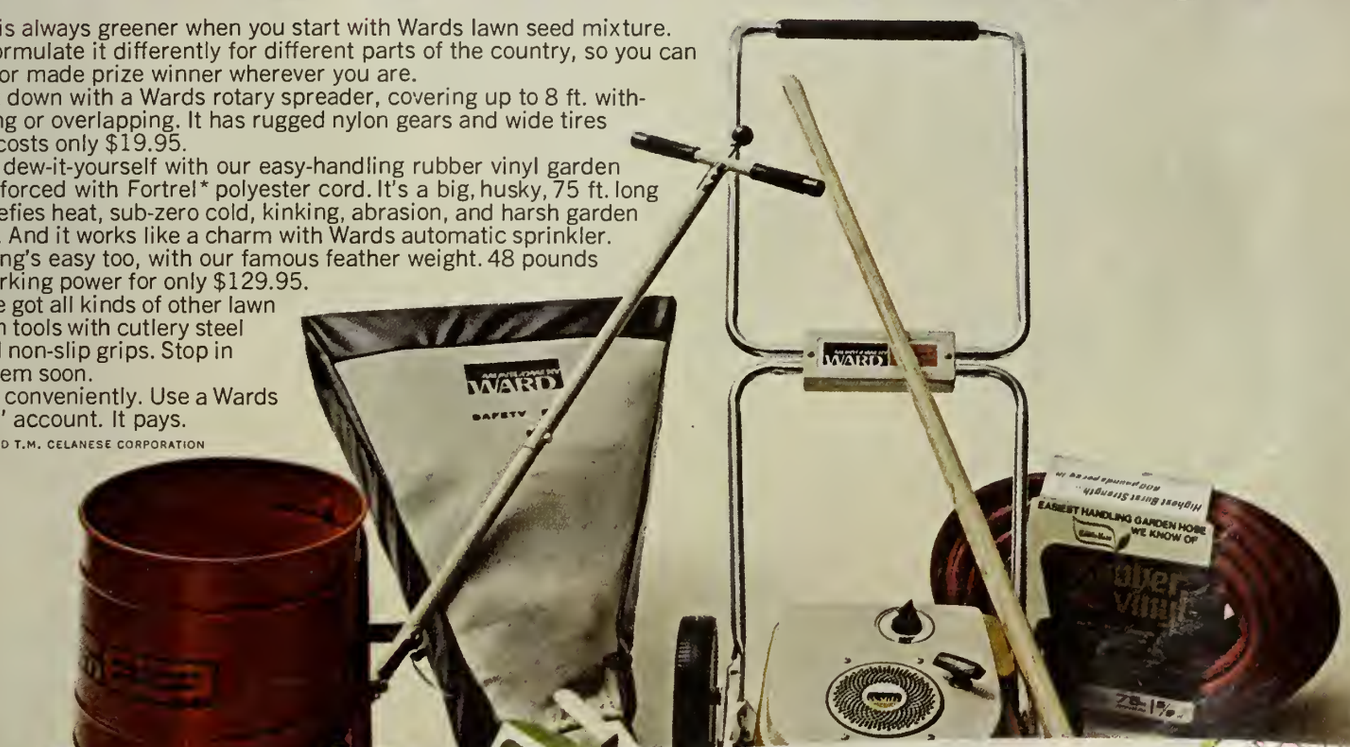


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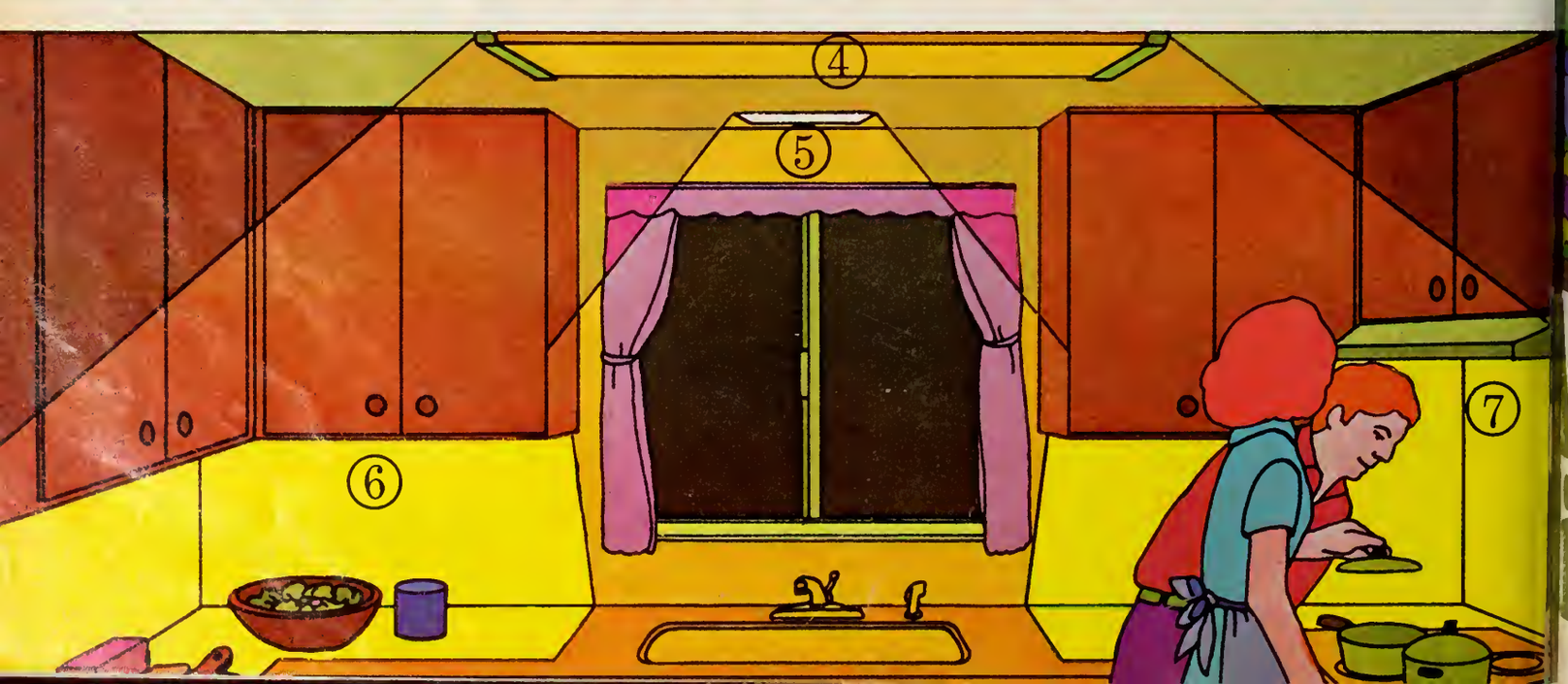
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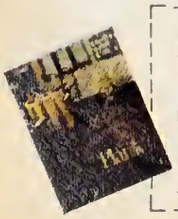


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Homework havens



Photograph: Suter, Hedrich-Blessing. Source: Loh

To really buckle down to his books, your teen-ager ne a study area more private than the family desk. A bedro corner or a wall niche will do nicely. Slimly proportioned f niture, such as this antique desk and rejuvenated junk-sh chair, fit easily into a small area. Hang as many adjusta bookshelves as space permits. A bulletin board for pho and mementos helps clear the desk of clutter.



Photograph: Hedrich-Blessing. Designer: Jones. Source: Patricia

For a quartet of children, a large hallway was turned i a study hall. The space, hub of four bedrooms, was furnis with an old table and wooden chairs. Bright accent co were used to paint the chairs, and the table was cov with an adhesive-backed paper. Wall-wide shelves put bo within reach. A gallery of family photos hung on a bur covered wall gives the study a homey look.

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A new use for a dining area



By extending the living room wall with a folding screen, thi homeowner transformed his little-used dining ell into a well used guest room/study. The four-panel plywood screen, face with molding, becomes an extension of an art wall, providin additional hanging space in the living room.



Photographs: Hedrich-Blessing. Designer: John L. Harrison, AID. Source: Patricia Me

On the guest room/study side, the screen becomes a backgrou for a daybed, which consists of two rattan headboards mount to the head and foot of a single bed. The "working" side of t room is equipped with wall-length plywood bookshelves, Parsons table used as a desk, and a tambour-front case f out-of-sight storage.

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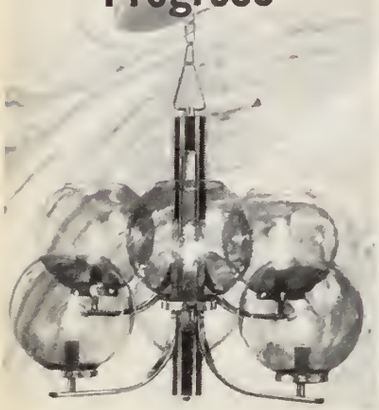
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Centerpieces a la cart

You'll find small decorative carts available in a wonderful variety of styles and shapes. Why not fill them with some lovely spring plants to give your table a fresh-from-the-garden look . . . and also to set the theme for numerous parties. For instance our redwood cart (right) could carry out the theme of a frontier party complete with square dances—or a late supper after a hayride. The Oriental style cart (below) used as a centerpiece would underscore the delights of your home-cooked Japanese meal. A youngster's old toy wagon could be heaped with small gifts for a birthday party. Or copy that old-fashioned flower vendor and top a cart with a striped awning for a shower or lunch.



Photographs: Hopkins



Above: Fill a rustic ox cart wi a wealth of spring plants- tulips, lantana, wax begoni and alyssum. When arrangi potted plants, treat them you would a regular flower a rangement. See that heigh are varied and textures ran from rough to smooth. Inte sperse the grouping with tra sitional material. You'll fi this centerpiece is ideal f kids' as well as adults' parti and you can make the groupi in a matter of minutes. Stur flower-strewn pottery in Pebl Beach pattern with wov mats and a tricky napkin r topped with a tulip bouto niere complete a colorful tab setting for lunches or brunch

Left: Put the dragon before t cart for this intriguing cent piece. A bamboo ricksha for a base for a single primr plant. When using plants centerpieces, do choose w formed ones with good str tural lines. If you like, you c add additional flowers in wa picks for a fuller effect. T table setting combines rou textured place mats that semble toma matting (used tea houses), a low-stemm faceted goblet, and Old Cath pattern plates.

How to order material from the magazine

er Homes and Gardens House Plan #4104-A
is for the Patio House on page 76 can be ordered with the pon below. The package includes complete working draw-, a materials list to help estimate costs, an outline of speci-ions and points to include in the buyer/builder contract. dditional copies of the same plan, ordered at the same time, $7.50 per set. If you want only the cost-estimating list of erials, send $1.00.





r Homes Project Plans #4104-1
s for the Toy Box Desk on page 22 are available for $2.00 . Package includes working drawings, materials list, cut-instructions and an exploded-view illustration.



Project Plans Catalog, 50¢, pictures over 200 projects. Save time and money by building toys, furniture, storage, etc.

Home Plans Catalog, $1, contains photos, floor plans, sizes and descriptions of homes for which we can supply plans.



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r Homes and Gardens, Dept. 2R1, P.O. Box 374, Des es, Iowa 50302. Please send me the following plans. (Cana- and foreign orders, add 10 percent to cover additional ing costs.)

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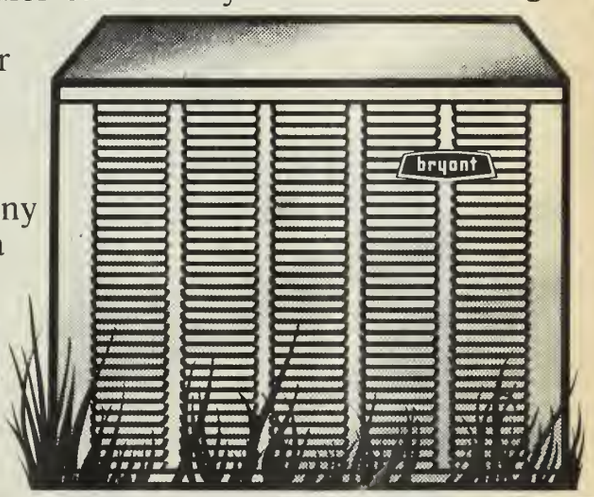
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Starting a lawn from scratch

When you start a lawn from scratch, there is a golden opportunity to save yourself loads of work and money—if you take time to do everything correctly. It pays to start off with the proper lawn grass for your area, and then follow up by feeding and mowing regularly. But first, establish a good foundation. Then you're on your way to a lawn your family can enjoy for a lifetime.



Left below: Till the soil to open it... Porous soil is life-giving to grass because it allows air, water, and ... food to penetrate to the roots. If s... poor, spread at least an inch of ... black peat or other organic matter ... fore tilling. Then, use a spreade... apply lawn food uniformly over ... ground—at rate given on the pack... **Below:** After applying the lawn f... use a rotary tiller to mix it in the u... couple of inches of soil. Or rake ... while leveling surface at the same t... This helps still more to improve ... soil. If you find any rocks or debris ... move them. Otherwise, seed will ... minate unevenly and you'll have ... unattractive, patchwork lawn.





Drawings: H...

Above: Drainage is of prime im... tance. Grade the ground to slope ... eighth to one-fourth inch per foot ... from the house. Rake the surface ... fine finish, sow lawn-seed mixture ... a lawn seeder. Keep seedbed con... ously dark with moisture until gr... up. Prevent rain from splashing s... paving with a strip of sod along ...



ke a room happy!

-dye a bedspread with Rit.

Tie-dyeing's easier than you think, with Rit® Dye. In fact, it's fool-proof. There's no ning as a mistake. Variations are what tie-dyeing is all about! For this bedspread uld use a plain white cotton sheet and end up with an extravagant looking that's all yours. Combine tie-dyeing with solid colors. Rit's great for both! plete instructions are in the adjacent column.

If you can tie a knot...you can tie-dye with Rit.



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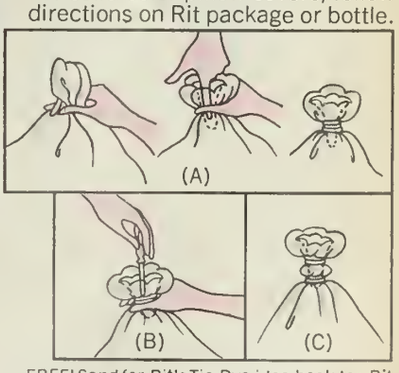
How to tie-dye a bedspread.



MATERIALS: white cotton sheet or any plain bedspread, preferably cotton, nylon, or rayon. (Avoid polyesters). Rit® Marine Blue powder dye. Rit Kelly Green liquid dye. Rubber bands. Eye dropper. Automatic washer.

DYE SOLUTIONS: ½ cup Kelly Green liquid—undiluted. 6 packages Marine Blue powder dissolved in 2 quarts of hot water.

1. Launder fabric and lay flat.
2. While still damp, make large, tightly banded donut knots over entire surface of fabric. (Diagram A)
3. Using eyedropper, squeeze undiluted Kelly Green dye into folds of each knot. (Diagram B)
4. Add more tight bands above first banding. (Diagram C)
5. Fill washer with hottest possible water and add Marine Blue dye solution.
6. Agitate briefly, then add fabric.
7. Set washer for longest wash cycle; when wash period is complete, re-set and repeat wash cycle.
8. Rinse fabric in cool water using rinse cycle.
9. Unband, then rinse again under cool running water until water runs clear.
10. Iron while fabric is still damp. For solid color pillow covers, follow directions on Rit package or bottle.



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Smooth the way for a second pet

Get a second pet only if you're sure you can give it the attention it needs. Even then, you'll have to ask yourself whether your first pet will be willing to share room and board with the newcomer. There's no test for this. As the animal's owner, you should know your pet well enough to judge.

How quickly the two animals adjust to living with one another depends largely on how you introduce them. Try to remain calm. A grown male dog generally will regard a new puppy or kitten with curiosity. But don't let his enthusiastic sniffing startle the newcomer into flight. Chasing something that moves is instinctive, and your dog may try to grab up the young puppy or kitten as he would a thrown stick.

A grown female dog won't want to mother the youngster—don't expect her to. In fact, she's likely to be extremely possessive of you and your home, and especially so if she's had her own litter. She may regard the new pup or kitten as a threat. If she is aggressive, reprimand her sharply, then comfort her. Make it clear that it's your house and the two of them are going to live together harmoniously.

The young animal may find all this excitment overwhelming and hide under a chair or sofa. Don't drag him out. Let him have time to build up enough confidence to come out and face his new home on his own.

Bringing two adult dogs together can create a tense situation. A grown dog develops a strong sense of territorial defense, and is likely to regard another coming into his home as an intruder. Take both out to neutral grounds, such as a park or school playground, for the first introduction. If they seem to enjoy one another's company after several outings, you can bring them home together.

The sex of adult dogs has little to do with how they'll get along. The belief that males fight only with males and females with females isn't true. There's no chivalry in dogdom. Except when she's in season, the female is just another dog.

Dogs are social animals and naturally run in packs. A dog raised from puppyhood with people is likely to regard your family as members of his pack and will view strange dogs as a different species. He may never accept living with another dog.

An adult cat probably will be indifferent toward a puppy or kitten. When the younger animal gets too close, he may get swatted. This isn't necessarily a hostile reaction. Your cat is just letting the newcomer know who's boss. Bringing two adult cats together is something else. Grown cats, both males and females, tend to be fanatics about territorial possession. If you have a cat that tries to drive all other cats from your yard, don't bring another into your house.

If your grown cat is sandbox-trained, and your kitten is just learning, clean up accidents immediately. Otherwise, the older animal is going to become lax about his own toilet training.

Competition for food and attention is bound to be keen. Getting more food is sometimes equated with getting more attention. Establish a mealtime schedule and don't treat between meals; otherwise you're going to have two fat pets.

Give each animal a bowl of his own, and make it clear that neither is to eat from the other's. This is especially important with a dog and cat. Most cats are slow, deliberate eaters, while dogs generally bolt their meals. If the dog finishes first he shouldn't have dessert at the cat's expense.

Vaccinations and veterinary checkups are doubly important when you have two pets. They'll not only share your house, they'll share each other's illnesses. Stay alert for worms, ticks, fleas and other parasites. Get both pets to the veterinarian as soon as either shows signs of poor health.



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Regular canned dog foods are 70% water. So you have to lug the water home from the store. And your dog has to eat his food all mixed up with water.

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What's more, they not only help to keep your neighborhood cleaner, but when they're picked up by your collector, you don't have to worry about them adding to pollution*.

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*Polyethylene, when properly incinerated, breaks down into only harmless carbon dioxide and water vapor. When used as land fill, it acts as a non-contaminating inert material.

Fixing faucets and drains

If you can repair a leaking faucet and open a clogged drain, you can avoid the cost and inconvenience of a service call.

For sluggish or clogged drains, you'll need a plunger and/or plumber's snake (coiled steel spring).

1. Try gentlest method—the plunger.

2. Remove drain stop and plug overflow drain with cloth. Then place plunger on the drain and half-fill sink with water. Work the plunger vigorously up and down several times.

3. If drain remains clogged, use plumber's snake. Adjustable crank-type or rotating handle works through sink opening to remove obstruction. Coiled steel spring whips past trap and down drainpipe, forcing obstruction up or down.



4. Once drain has been opened, replace the drain cover.

5. Run water full force to thoroughly flush drain. Or, close drain and half-fill sink with water. When drain is opened, force of water will flush and clear pipes more thoroughly.

6. Use drain cleaner as recommended on container, and rinse down. NEVER use drain cleaner until obstruction is removed. Drain cleaner in backed-up water will corrode fixtures and harm hands.

7. Never use drain cleaner in connection with a septic tank, unless the label *fully recommends* it for septic tanks.

8. Another tip: If you have to call your plumber on this or other problems involving replacing fittings, you may save a second trip if you can tell him what brand your existing plumbing is.

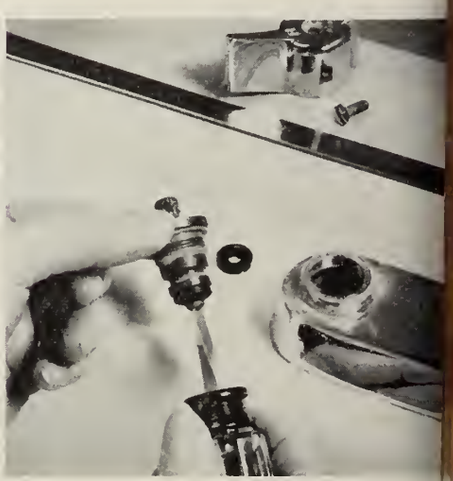
To repair a dripping faucet, you need only a small wrench, penknife, washers (keep a box of assorted, small rubber washers on hand), screwdriver, key grease, and perhaps a $\frac{1}{8}$-inch allen wrench. Wrap adhesive tape around faucets to prevent scratches.

1. Turn off water at hot or cold cutoff valve under sink (turn off both for mixer type faucet). Or, turn off main water valve, usually near meter.

2. Open faucet to drain water from pipes. After water has drained, close drain so small screws won't fall in.

3. Some faucet handles have center screw. Remove screw, lift off handle. Remove packing nut, stem and old washer. Install same-size new one.

Modern single-lever faucets are secured in center front of assembly. (Each brand is a little different.) Remove with an allen wrench; then lift off handle.



Remove old washer with screwdriver. Press same-size new one in place.

To adjust newest faucets, pack stem area lightly with key grease for a snug fit; tighten with allen wrench.

4. Drop handle back in place and tighten screw. Turn on cutoff valves under sink. Many new faucets are pressure packed without washers. Follow directions to remove handle and valve; pack with key grease; reset handle. ■



The Room Shrinker.

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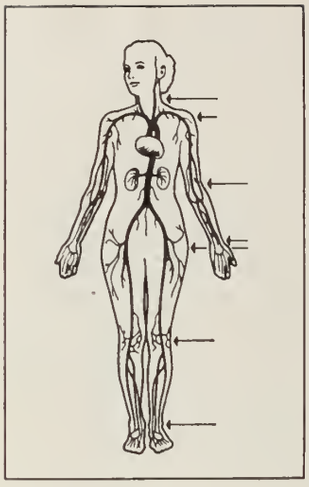
In the third place, drying time is one or two hours. nd f you're covering a real problem color, and you have to paint a second coat, you can do that in four hours.

Then in the fourth place, your rollers, brushes and equipment (and your goofs, if any) clean up with soap and water.

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Photograph: Hedrich-Blessing. Source:

A swing-out pantry like this one m food storage easy and convenient. hind each of the cabinet doors, ther eight four-inch storage shelves. I the cabinet, additional shelves pul on overhead tracks to the door's for easy access. These shelves, eight inches deep, hold a week's su of groceries.

Bulk items are stored in the cabinets above the main unit. Th tique hinges on the doors are p decorative, since piano hinges act support the doors. The interior se of both cabinets are made of star plywood, sanded and stained wit antique finish. The exterior secti made with hardwood, and also st with an antique finish.

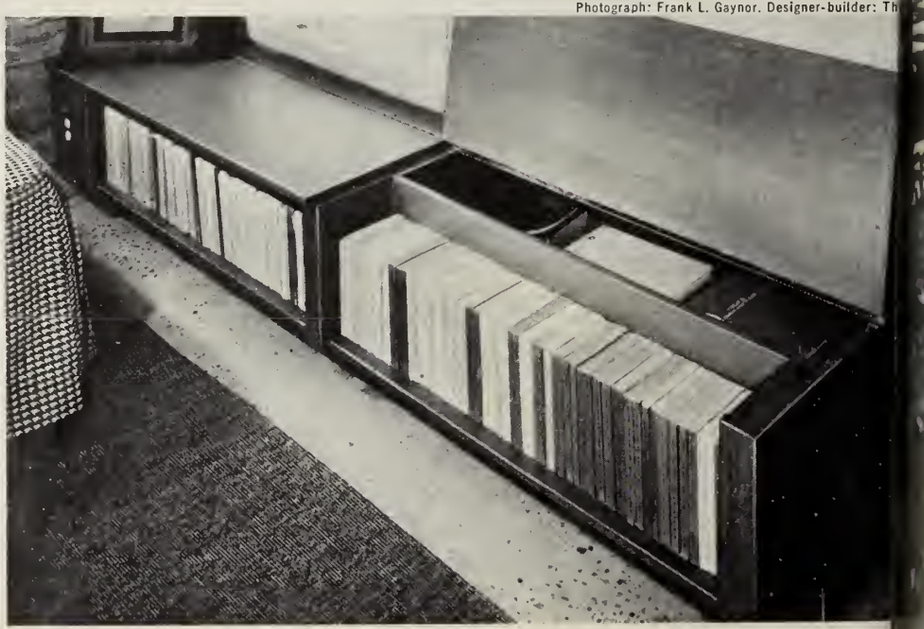
An old back-entry closet yielde space for this storage unit. A remo rear entry contains a smaller coat c

Photograph: Frank L. Gaynor. Designer-builder: Th

Storage units that swing

This combination window seat and bookshelf makes undercover storage both convenient and stylish. Swing up either seat top, and you reveal additional storage for books, games, and records. A nine-inch shelf at the front allows open-view storage of books and magazines.

Both lids are divided into two equal lengths; piano hinges join the seat tops to a four-inch strip at the back. Ample toe space under the front storage shelves reduces scuffing of the hardwood shelves, and also simplifies floor maintenance around the base of the unit.



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Break a bone?

Begins on page 20

victim fluids. Patients need water, but very anything in the ston force the surgeon to necessary anesthesia.

Critical broken bone

A broken neck or b sents a grave haza vertebrae of your bac hollow bony tunnel which the spinal cord nal nerves pass to ca impulses from the br rest of the body and fragment of a broker crushes or cuts the sp at some point, perma ralysis can result.

Unfortunately, suc all too often occurs accident, while atte being made to move tim. If there is any the back or neck, *go aid first,* if at all pos let a doctor supervis the victim. If he moved, prepare a stretcher. A broad p wooden door will se emergency. Then ha people lift the victi taneously so that his head remain flat wit ing or twisting.

A skull fracture is ing in a different way ly can brain tissue be by fragments of b bleeding inside the cause excessive pr vital brain centers.

A broken hip is hazard to the olde Bones become brittl life and heal far mo than in younger pe prolonged immobili sary to heal a hip f an elderly person ca dangerous complicat as pneumonia.

In younger people of such important joi wrist, the elbow or der are quite treache fractures heal imper der the best of circu Even after the bones it may take many work to regain full f the joint. ■

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CATION

gh School unseling

s on page 16

who doesn't *want* to go to e will benefit very little enrolling.

worth adding that college istrators endorse this of view in rapidly increasmbers. Kingman Brewr., president of Yale, is those discouraged by e recently referred to as owerfully coercive pres- driving young men and to universities in a g involuntary mood."

Hayakawa, president of ancisco State College, a who has seen more than are of student unrest, a similar conviction: "All on't want higher educar are not sure they want uld have the freedom to ne college or not go ege at all . . . Campus rs come not from those e in school because they to be, but from those e trapped there, whether ective Service or by soessures."

the Wall Street Journal, tablishment spokesman, rived at this same con. "Instead of launching into some lifelong pur- an immature age," that per said in a recent edi- "a person of 20 or so do well to spend a of years traveling, meetople, and working at kinds of jobs.

er decisions can also heated family disputes ch the counselor may at oint be invited to take Many parents urge their n to pursue those pros that pay well and reek restige: doctor, banker, s tycoon. But many high school students different set of values, ey sometimes turn their n those careers. A good of youngsters see nothter about being a rich for example, than a er who likes his work es it well. It's hard to counselor for support-

Continued

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High school counseling

Continued

ing a career choice based on honest beliefs and sound logic, even though the parents may be perplexed and disappointed. After all, what's at stake here is the youngster's life, not the parents'.

Do counselors know kids well enough?

In the areas in which they usually work, yes; in others, no. If a youngster were considering leaving the Catholic church, for example, very few counselors would presume to advise him. Even assuming the counselor were well-informed about religion, his knowledge of the student himself would probably be too sketchy to permit responsible guidance in this area.

But in other matters, especially those that pertain to education, the counselor can usually speak with some authority. True, he may seldom meet the youngster face-to-face, but he has access to the student's scholastic record back through kindergarten, the results of various personality and aptitude tests, comments on the youngsters character by his teachers through the years, and notes about the student's special interests and achievements. It adds up to a fairly accurate picture.

What if a counselor can't handle a student's problem?

He should refer him to someone more qualified either within the school system, such as the psychologist or school nurse, or to an appropriate organization outside. He should be careful not to overstep the limits of his competence. He isn't the student's parent, psychiatrist, lawyer or priest, and a good counselor never tries to play those roles.

Are student-counselor discussions confidential?

Absolutely, whenever the student requests it. If a youngster were to discover that a counselor "told" on him—by running to the kid's parents, say, about some trouble he was in—that counselor's future effectiveness would be utterly destroyed. He would never hear another honest word from *any* student, because news of such incidents spreads quickly. No, a good counselor certainly doesn't blab things around—not to parents, not to teachers, not to principals, not to *anyone*. He knows that he exists mainly for the benefit of the student, in the same way that a doctor's first allegiance is to his patient and a lawyer's responsibility is to his client's best interests. Legally, a counselor's silence isn't as inviolate as a priest's, say, but the circumstances in which he might betray a student's confidence are very rare indeed.

Do kids tell counselors about drug-related problems?

No, unfortunately not. That's the one kind of trouble students very seldom mention. They often talk freely about their other deep concerns such as fights with their parents, sexual woes, a hatred for some teacher, a desire to commit suicide. But on the single subject of drugs, they clam up. A poll of all the counselors in one Midwestern city revealed that of a total of 45,000 students only eight had told their counselor that they'd ever tried drugs, and only 15 said they knew someone who had. Optimists might regard this as reassuring proof that the current youth-on-drugs scare has been blown up out of proportion. But it's perhaps more realistic to interpret it as evidence of the very deep suspicion with which drug experimenters view all outsiders.

Does the typical counselor spend much time with students?

No, because he's usually saddled with many other duties, such as administering tests, scheduling classes and filling out forms. Counselors are handy, and principals tend to take advantage of that fact to rid themselves of their own time-consuming administrative chores. The more militant members of the counseling profession are convinced that this situation will only be corrected when counselors refuse to accept those chores not directly connected with their jobs.

Is there a generation gap between counselors and students?

In many cases, yes, a considerable one. Especially when the counselor is an older man or woman, communication can be a big problem. Efforts to bridge the age gap with a staff of good young counselors encounter a number of sizable obstacles. To begin with, a counselor candidate needs postgraduate training and in many cases a couple years of teaching experience before he qualifies for certification. This means that by the time he gets his first counseling job, he's already four or five years out of college—which makes him ancient in the eyes of high school students. And of course the age gap widens with each passing year as the counselor acquires experience and tenure. Realistic solutions to this dilemma are not yet evident.

Is the best counseling usually found in big-city schools?

No, in fact, it's closer to the reverse. Many big-city counselors are among the best qualified. The cream of the younger crop is attracted there by higher wages, plus the excitement of being situated "where the action's at." But their expertise is often overwhelmed by sheer numbers. One counselor may be assigned as many as 2000 students, which is far more than he can work with effectively. In less crowded high schools with a more reasonable ratio—300 students per counselor, let's say—the chances for success are ten times greater. Small country high schools may have the best counseling programs because the counselor can develop a closer acquaintance with the students than a metropolitan setting usually allows.

Do most high schools have black counselors for black students?

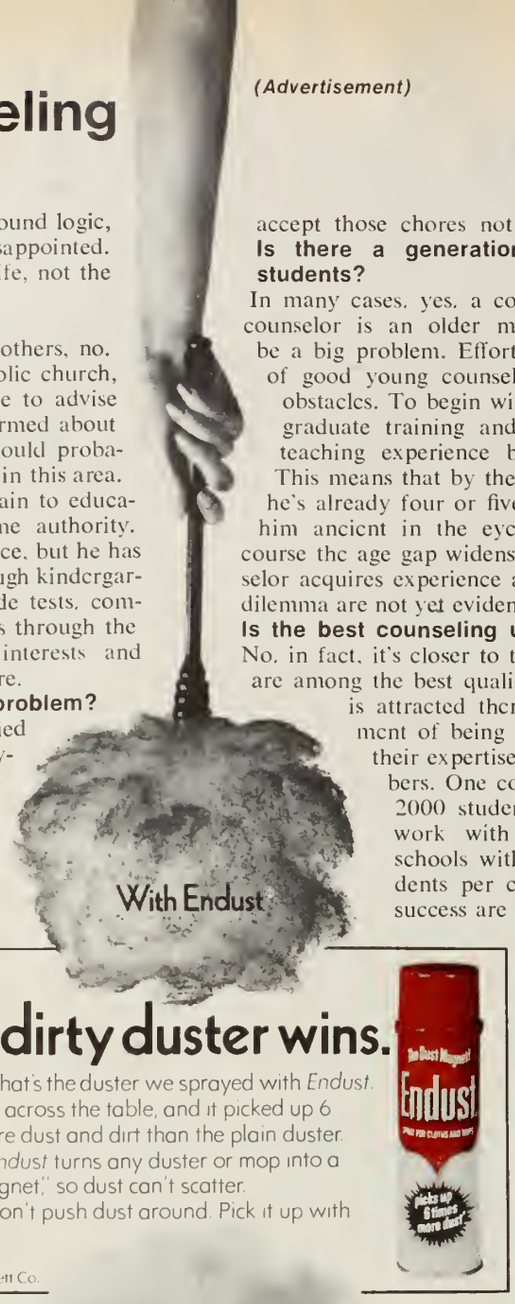
No, but they wish they did. It's the one way they see of getting through to black youngsters, many of whom scoff at what a white counselor tells them because "whites don't understand our situation." Regardless of how valid that reasoning might be, the attitude is an unavoidable fact of life. A qualified black candidate for a counseling position would be eagerly hired by almost any school system. Unfortunately, very few of them are inclined to apply. The reason is that a Negro with a master's degree—a credential most school systems require for their counselors—is such a rarity that he can usually command much higher wages elsewhere. (With whites, just the reverse situation prevails; so many of them are armed with master's degrees these days that they constitute a glut on the market. The number of white applicants for counseling positions far exceeds the number of jobs open.)

Will your youngster get a good counselor?

Many's the high school counselor whose advice is never sought. While he sits there in his office surrounded by make-work, kids with pressing problems take them to the history teacher instead, says, because he listens more attentively. His affection and concern for the students goes deeper, and his advice is consequently more useful than the official counselor's.

The best way to find out if your youngster has a good counselor is to meet him face-to-face when the opportunity arises. At regularly scheduled parent-counselor conferences, for instance, you can usually tell how well he knows his job (and knows your youngster) so that in the future you can assign his words due weight. An alert, informed counselor can be of great help to parents in guiding their son or daughter through difficult years. By all means, you should call on him whenever the need arises; don't wait until the next formal meeting. On the other hand, if he's the opposite type, patently inept, do exactly what the kids do: ignore him. ■

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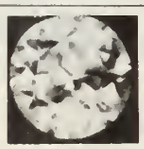
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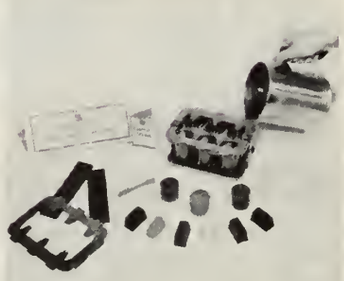
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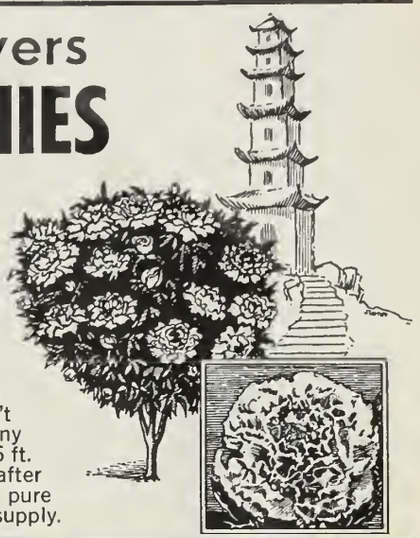
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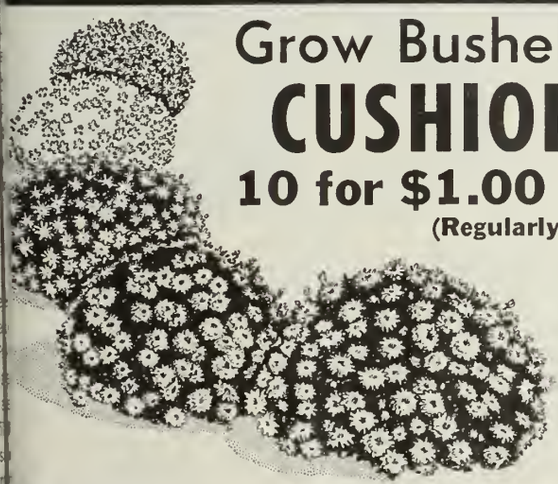
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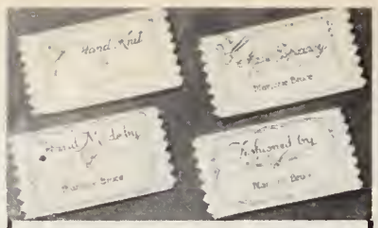
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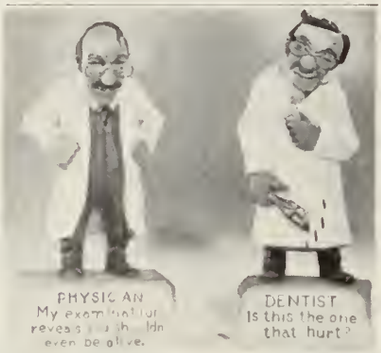


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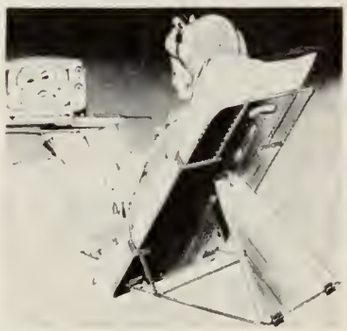
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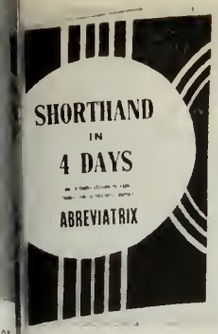
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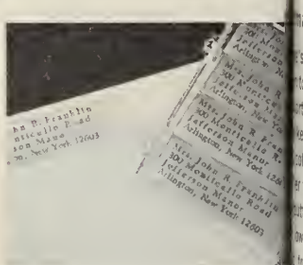


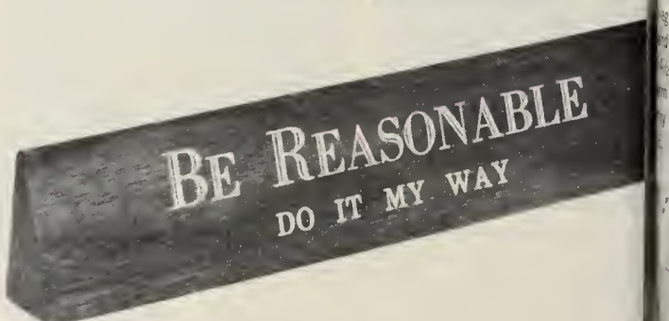
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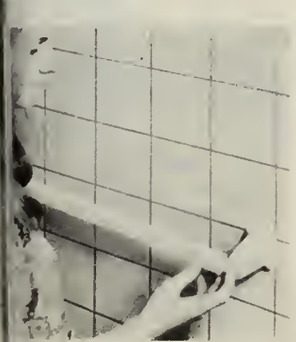
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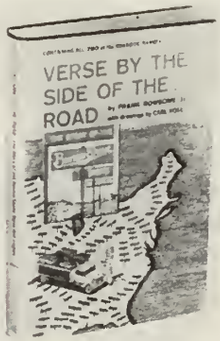
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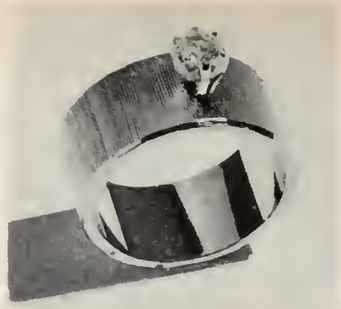
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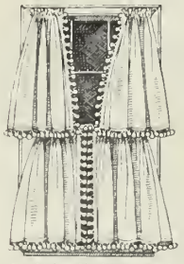
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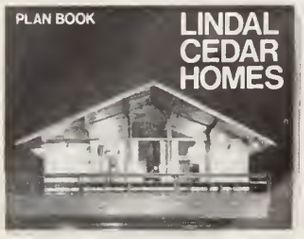
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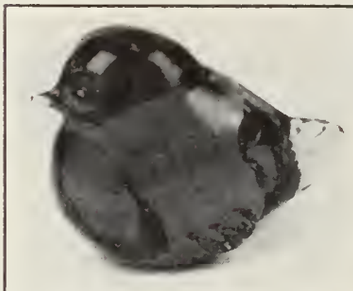
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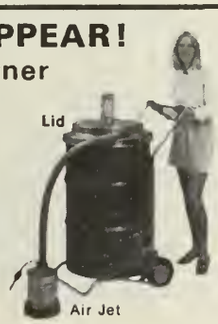


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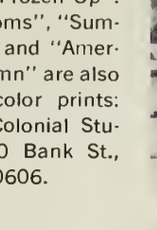
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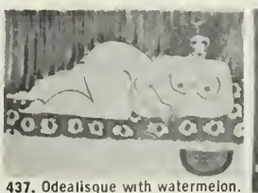
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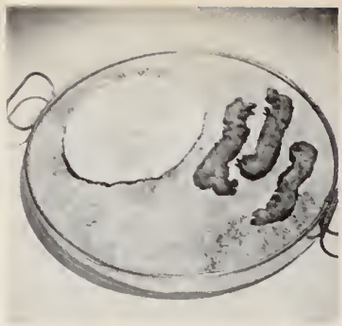
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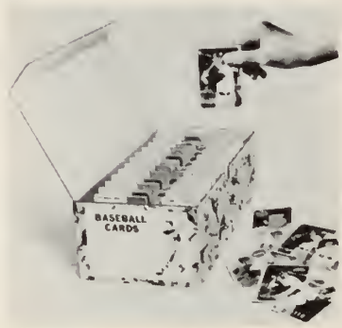
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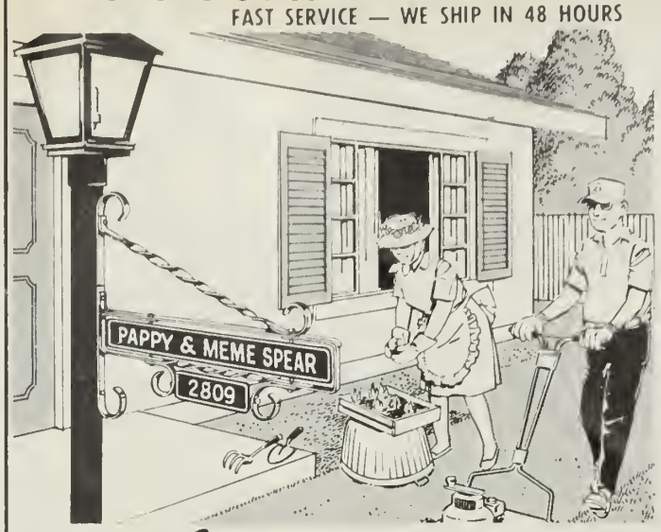


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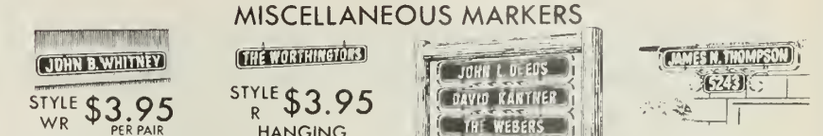
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The man next door®

I always feel apprehensive about the after-dinner speaker who says he has "only a few words." It never fails: after he gets done with his few words, that's when he really starts talking.

What does it mean to be the head of the family? Well, at our house, it means that when we have more than two couples over for dinner, I get the chipped coffee cup.

It's a good thing infants don't start out enunciating perfectly or grandparents wouldn't get those cute nicknames of which they are so proud.

I told Burt, Jr., that I am through taking him fishing if he ever tries to help me into the boat again.

It is never wise for me to take a violent dislike to a popular song. It takes its revenge by running through my mind while I'm trying to sleep, trying to sleep, trying to sleep . . .

To celebrate my recent pay raise, I took Christine out to the best restaurant in town. It was the place we went on the last similar occasion, and Chris observed how the "nice young waiters have turned into old men."

Rosemary keeps telling me she is a member of the "now" generation. Maybe so. But how come she never gets anywhere on time?

The sunshine of early spring tends to be weak and pale. I guess the sun is like our old TV set. It takes time to warm up after it has been turned on.

The weather we've experienced this spring has made me glad I'm on friendly terms with our plumber.

Christine wonders if people who don't have children eventually forget what toasted marshmallows taste like.

It's hard to say who gets more excited about the coming of spring, Uncle Dodd Buckner or ten-year-old Judy. To one, the mystery is so old; to the other, so new.

Grumpy Ned Carter says he tries to be tolerant of the fellow who disagrees with him because "he has a right to his ridiculous opinions."

I suppose that Rosemary, 16, is typical in that she feels there are two sides to every question: her side and my side, which she refers to as the wrong side.



"To my nephew who despises the establishment, I leave one dollar and a copy of this will in which I bequeath two million dollars to the National Association of Manufacturers."



"How much for the rocker alone,"

Young Curt Phillips has been transferred here by his company in the well-known game of executive checkers. He had gone to school with my brother and was here without his family until the end of the school term.

He was lonely, so I invited him over to dinner. Driving out from his hotel, I tried to make him feel at home by observing such points of interest as the location of the Opera House until it burned in 1906, and the remaining piers of the first bridge that had linked the town with Eastern markets.

Suddenly, it occurred to me I probably was boring him. "Not at all," he said, "but if you don't mind my correcting a native son, the bridge actually was the second one. There was an earlier crossing a half-mile upstream. And the Opera House fire was in 1907."

My face conveyed my surprise, and he continued, "I've been here nearly a month, with time on my hands to take a guided tour, check out a few books and join the county historical society."

"But," I said, "why would you care? You've never been here before and you'll probably move on again in a year."

"That's the point," he said earnestly. "The corporate gypsy life has its drawbacks, but it does give our family a great chance to learn history on the spot."

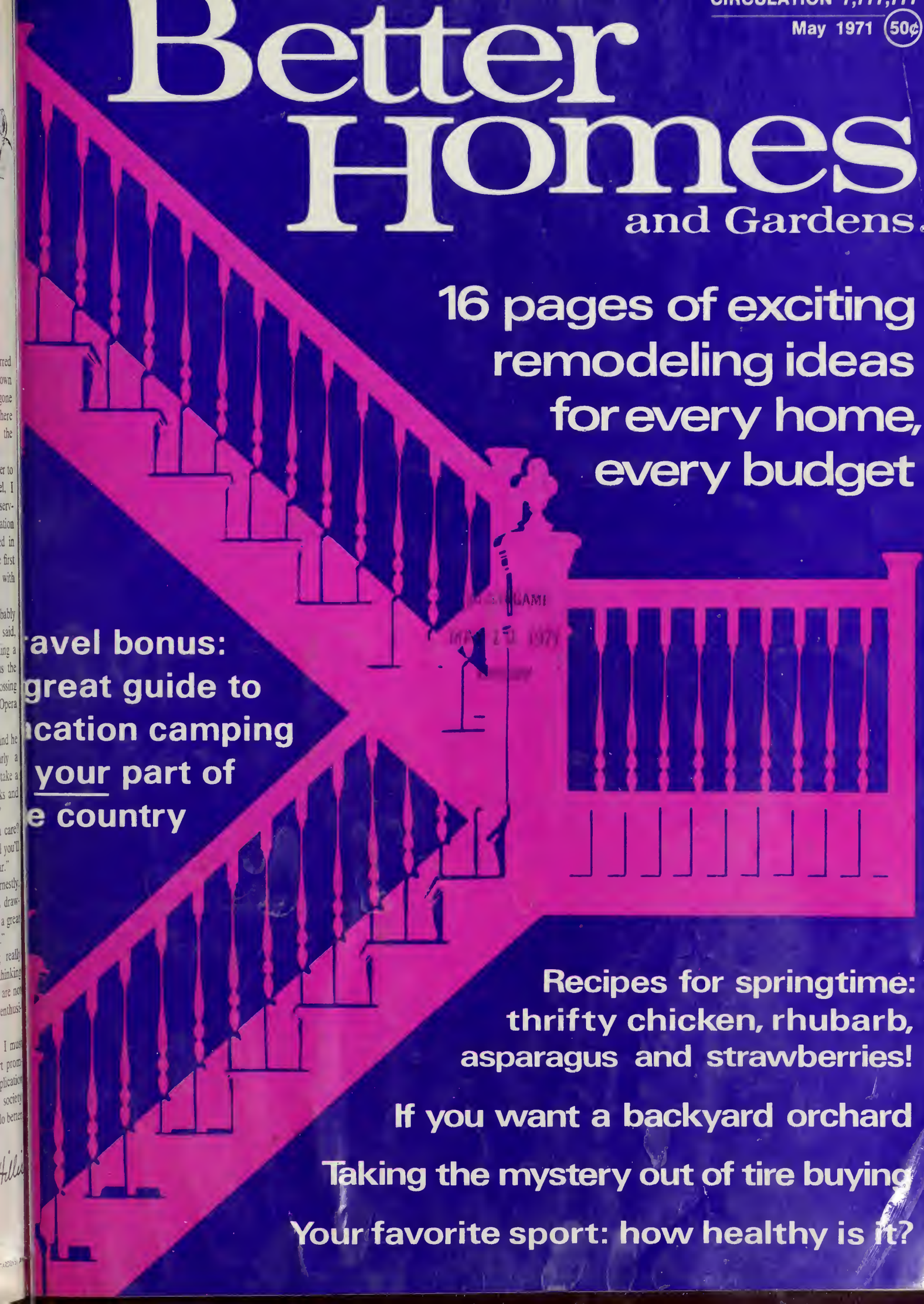
The things Curt was saying really opened my eyes. He got me to thinking that the years one lives in a town are not nearly as important as initiative, enthusiasm and simple curiosity.

Having lived here all my life, I must say I felt a bit guilty when Curt promised to get *me* a membership application from my own town's historical society. But his point was well taken. I'll do better.

Burton Hillis

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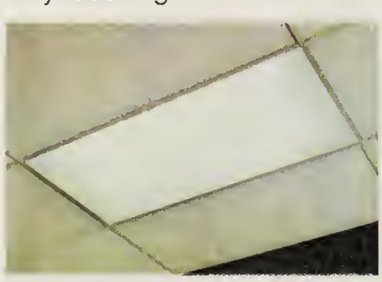
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• What if you own the box jointly? Joint tenancy does not establish that the contents are joint property. Ownership must be clearly stated or proved for each item.

If one of the joint tenants dies, most state laws and bank regulations require the box to be sealed until legal requirements are met. In some states, the surviving tenant or an executor is permitted to look for a will or insurance policy.

• Are safe deposit box contents insured? Not by the FDIC. Nor are they covered against burglary, fire and other hazards. If a loss results from negligenc dishonesty or mistakes of bank employe —and you can prove it—the bank may liable. Similarly, if the vaults are adv tised as burglar-proof and fireproof, a they prove not to be, you could probab recover your losses from the bank. In eith case, of course, you would have to ha some proof of what was in the box.

What about your own insuranc Your homeowners or personal theft poli would provide some coverage for the co tents—probably up to such limits as $1 for cash, $500 for securities and other v uable papers, $500 maximum for all jew ry. For higher coverage, you can buy sp cial safe deposit or securities insurance. doesn't cost much, since chances of l with a safe deposit box are very slim.

What if the bank fails? Your safe depo box won't be affected. There might be slight delay in getting to it because of gen al confusion, but that shouldn't last long.

Break the rules when you shop—and still save

Sometimes it pays to ignore the traditional shopping rules, such as following a list, avoiding impulse buying and buying in quantity. If you're on your toes and know what you're doing, you can make shopping more fun—and a bargain to boot.

Forget your shopping list if you find exceptionally good buys that aren't on your list, or if some other food your family really enjoys is selling at a special low price. Don't follow the list, either, when an item is priced at an all-time high and you can do without or make less expensive substitutes. Try low-priced apples to replace high-priced pears, or pork roast at 89¢ a pound instead of beef roast at 99¢.

Indulge your impulse if a new product appeals to you and is offered at a special introductory price. Follow your fancy, too, when a food you hadn't thought of looks better than one you planned to buy. It even pays to try a new food occasionally just to break out of a rut. It could make you feel just as happy as a more expensive hair-do or a night on the town.

Buy the smaller economy size on those few occasions when it's less expensive per unit than the same item in large quantity. Small sizes also save money if a recipe calls for only a small amount of that ingredient, or if you cannot properly store the food in large quantities until you can use it all up. Be wary when you're trying something for the first time, too. Unless you're sure your family will like it, the smallest size may be the best buy.

Buy the best quality, whatever the price, when it's the only brand of a specific food your family will eat. Low-priced substitu are costly when you have to throw th out. Top or high quality may also be y best choice when appearance and form the food are important—a stuffed toma for instance, rather than tomato cut up i salad, or poached eggs, not scrambled.

Buy the lowest quality if you plan to food in soup, stew, or some other relativ unrecognizable form. Low quality is usu ly as nutritious as top quality, and you often save by feeding youngsters cert types of food where quality doesn't ma that much difference to them. Ice cream ice cream to most four-year-olds, whet it cost 79¢ a quart or $1.50. Let y family in on the choice—they may be w ing to eat less expensive foods if it me you can splurge occasionally ■

What if you're turned down for life insurance?

Surprisingly, you may still be able to get some. Many companies now accept applicants with limited degrees of heart disease, hypertension, diabetes, overweight, kidney and liver ailments. Even people who have had cancer can get insurance under certain circumstances. If you're rejected for these or other medical reasons, don't assume you're completely uninsurable. Any of the following possibilities might work for you.

• Talk to your own doctor. With some treatment, your condition may be improved enough to meet the company's standards. Remember that the company wants to sell you the insurance. On your second try, it might accept you—at least as a "substandard risk" at a higher premium.

• Try another company. Standards vary from one company to another. Get the help of a good broker who is knowledgeable about such variations. If your insura agent does not handle substandard ri himself, ask him to put you in touch w one who does.

• Examine your present policy. Th may be provisions that allow you to crease your coverage without a med examination.

Guaranteed insurability rider. This p mits you to buy

Contin



Spots are never in good taste.

So get the Cascade look... virtually spotless.

The quiet elegance of clear, sparkling crystal —that's what you want. And that's why you should use Cascade. It's an excellent dishwasher detergent. Cascade's sheeting action makes water flow off dishes in clear sheets. Fights drops that cause embarrassing spots. Try Cascade—in the shiny green box. And get the Cascade look.

Cascade fights drops that spot.



Because every Goldilocks has a different idea of what's too soft, what's too hard, and what's just right, Beautyrest now comes in 4 firmnesses.

We're all a lot like Goldilocks, the little girl who had to try everything, from porridge to mattresses, until she found exactly what she wanted.

For that very reason, we now make Beautyrest® in four firmnesses. Besides Normal Firm, there are three Back Care models: Extra Firm, Extra Firm Plus and Super Firm. So you can go from mattress to mattress until you find the one that's right for you.

But firmness alone can't support your body properly. That's the difference between a Beautyrest and hard, "boardy" mattresses. A Beautyrest is firm, but flexible.

Beautyrest support comes from separate coils, each built into its own separate pocket. So each one is free to separately support whichever part of your body it happens to be under.

By conforming to your shape, a Beautyrest can give you more support, more comfortably, than any other firm mattress.

You can't buy more of a mattress. Unless you buy more of a Beautyrest. A Queen size gives you 20% more sleeping space than an old-fashioned double bed. A King size, 50% more.

For your nearest Beautyrest dealer, call 800-553-9550 free. (In Iowa, call 319-242-1867 collect.) He'll help you choose the firmness that's most comfortable for you. So you can sleep happily ever after.

Free offer: For a limited time only, when you buy any Beautyrest Queen size set, you receive your choice of a free Queen size frame or free bed stretcher rails to convert your old double bed to Queen size. Offer expires May 31, 1971.



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gives every part of your body a good night's rest.

SIMMONS

insurability *Continued*

ified amounts of additional insurance at stated intervals y every three years—up to a designated age. You pay for iew insurance at whatever rate goes for your particular it the time.

ividend options. If your policy pays dividends, you can hem each year to buy additional insurance. Most com- s sell you fully paid-up, permanent cash-value insurance our dividends. (Your company *may* ask for evidence of ability, however, if you want to use all your accumu- dividends for paid-up insurance, or decide to make use e paid-up option.)

ifth-dividend option." Some companies now let you use dividends to buy one-year term insurance up to an int equal to the cash value of your policy at that time. repeat the purchase each year as dividends are declared. your policy's cash value increases, so does the amount surance purchasable—provided your dividends are not ed. (If you've been using this option, there probably t be any question of insurability, though there can be if vant to switch to the fifth-dividend option.)

eck your group insurance. Make the most of this low- coverage if it's available to you as an employee or a ber of an organization. Generally, no medical examina- is required, and you may be able to get additional in- ice as well. With some groups, you pay for the extra ance yourself. With others, your coverage increases matically along with your salary or term of employ- . You can convert the insurance to an individual policy you retire or leave the group.

y insurance for specific needs. Even if you cannot ormal life insurance, you may still be able to protect family from some big debts or loss of investment. are some examples:

edit repayment. When you take out a large loan, or ase a car or other big-ticket item on installment, the r will probably require you to be covered for the amount duration of the indebtedness. Don't worry. There's gen- no medical examination required. Called "credit life ance," this is a kind of decreasing term insurance, with mount of coverage diminishing as you pay off the debt. cost is relatively small, and is usually included in the arrangements.

ortgage redemption. As a rule, you need no medical ex- ation to buy the kind of group credit life insurance that ntees the payment of your mortgage if you die before paid off. Most lenders today require it. If yours does et it anyway.

utual fund contract-completion. Let's say you sign up to $10,000 worth of shares in a mutual fund over a ten- period. With most contractual purchase plans, you can a life insurance policy that guarantees to complete the ase of shares if death prevents you from doing so. This, is decreasing term insurance. It's usually optional, and ost plans you can get it up to a specified age without cal examination. ■

ney Management Next Month:

- ***How to shop for auto financing***
- ***How good is your insurance away from home?***

HENREDON'S ENGLISH PORTFOLIO
18th century designs for 20th century living.

Henredon's 18th Century Portfolio is a collection inspired by England's past and shaped by the present. Each adaptation, from Queen Anne to Sheraton, is as practical as it is beautiful. And each is perfect for entertaining-minded homes. Like the Chippendale-style breakfront cabinet, built to look and feel like yesterday, yet fill the extra space needs of today. Every Henredon piece, upholstered furniture included, is as brilliantly functional and mixable. To see all the opulent woods and designs of the 18th Century Portfolio, send $1.00 for brochure to Henredon, Dept. BHG 5-71, Morganton, North Carolina, 28655.



Henredon



Cheese Bread

Baking Time: 55-60 minutes
Amount: 1 loaf

- 3¾ cups package buttermilk biscuit mix
- 1¼ cups shredded natural sharp Cheddar cheese
- 1 egg, beaten
- 1¼ cups milk
- ½ teaspoon dry mustard
- sesame, poppy or caraway seed

1. Preheat oven to 325°F.
2. Grease, generously, CORNING WARE® 1½-quart baking dish (7x5½x3 inches).
3. In large mixer bowl, mix all ingredients just to blend. Beat vigorously 1 minute.
4. Pour into prepared pan. Sprinkle top with sesame, poppy or caraway seed.
5. Bake for 55-60 minutes.
6. Cool slightly before slicing.

Whether you're baking, broiling, stewing, simmering . . . doing any kind of cooking, there's a piece of genuine Corning Ware® Cookware that's just the right size and shape. And every piece can be used for cooking, serving and storing. So one piece does the work of several. *For this recipe:* Corning Ware 1½ Qt. Covered Baking Dish, $5.50.

Corning Ware®
Cookware

Freeze, cook, serve, store.
One dish does the work of four.

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Living through A REMODELING

You've signed with a reputable contractor and the remodeling work is about to begin. What you —and your contractor—do next about your working relationship will make the difference between a pleasant experience or an unhappy one.

We know of a successful remodeling job that started with the family's trying to bargain the contractor's $10,000 bid down to that of his competitor's $9400. The contractor told them, "I've been in this business for 20 years, and all that experience can be at your disposal. I'll make the same profit on this project whether you choose my bid or that of my competitor. If you pay me $10,000, I'll put my 20 years to work for you; if I have to do it for $9400, I'll put that experience to work for me. Which way would you rather have it?" Wisely, they bought his experience.

Your responsibility is to choose the best contractor to do the work—one who has a reputation for quality workmanship, reasonable speed, fair prices and pride in his work. After you've found the right man, step back and trust his skills—and your own judgment.

But your job doesn't end there. You can do other things to insure smooth sailing:

• **Make a phase list of procedures.** Have the contractor explain what will be removed and installed; that way, you'll know what's involved and how long it takes.

• **Post the builder's phone number** by your telephone in case a question arises during construction. To avoid mutual confusion, delegate only one family spokesman.

• **Plan adequate storage space.** Make room for materials, tools and equipment by clearing work area of unnecessary gear.

• **Double-check materials as they arrive.** Once installed, they're all yours. You can cut down last-minute decisions and delays by selecting the materials in advance.

• **Check locks and keys.** You'll probably need to share keys with the contractor or his men. Ask who will take responsibility.

• **Expect the unexpected.** No one can prepare you for all the unforeseen incidents that may transpire. It's hard to imagine all the things that could go wrong: late deliveries, strikes, shipment shortages, wrong parts, oversights, rain, on-the-spot changes, etc. Tearing down a wall may uncover a problem that demands plan revisions. This starts a chain reaction that invariably leads to delays.

• **Brush up on building methods.** A li construction savvy will help see you throu those blue days when workmen fail to sh up. Could that happen? Yes, you'll find t remodeling proceeds in stages. Separate cr install framing, siding, insulation, mason finish carpentry and roofing. Painters, elec cians, plumbers and carpenters may all h to make several trips to complete their jo Slabs must cure, paint must dry, etc. T schedule is complicated, so don't be surpri if disruptions occur.

• **Don't expect perfection.** But do exp good work. Built-ins won't have a furnitu like finish unless you pay furniture prices

• **Batten down your belongings.** Cover f niture and carpeting. Take advantage of period to send your draperies and upholst to the cleaners. When the remodeling beg you won't believe all that dirt and dust.

• **Hang loose.** Keep calm and flexible. Ti clocking workmen only builds resentment doesn't save a penny.

• **Plan ahead to do without water or pow** when workmen shut off lines. That way yo avoid food spoilage in your refrigerator cause of an unexpected power shutoff.

• **Consider the logistics** involved in de ering, shipping and ordering materials making the best use of the tradesmen's t and skill. Your contractor is as anxious you are to finish the job. Allow a margin human error or simple forgetfulness.

• **Try to stay out of the construction ar** This is important for safety and maintain construction schedules. Keep trikes, d children out of workmen's way.

• **Swallow those endless "whys"** that s production to a snail's pace. Most workm are following someone else's orders. Disc construction changes only with the author superintendent or contractor.

• **Win cooperation from workmen** and c tractor with good, basic human relati Nothing makes them work harder than a w of appreciation or an unexpected pot of co

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Does the sleeping tablet you're now taking start to work in 21 seconds?

Nytol does.

How healthy is your SPORT?

Medical investigators consistently report that the flabby, aging American is getting softer all the time—lazier, fatter, more easily fatigued. These authorities say that barely one-fifth of our adult population, if tested against any reasonable standard, would be found in good physical condition.

With each passing year, your *basic* condition—which is measured primarily by your heart and lung performance—is increasingly significant. It's far more important than any athletic prowess or the development of a muscular physique. No one ever died, after all, from scrawny thighs or flabby biceps. But weak hearts prematurely kill thousands of Americans every month and cause millions of others to be constantly fatigued.

One realistic way to avoid this fate is to achieve and maintain good overall fitness through an exercise program designed to enlarge your heart's reserve capabilities. More precisely, you should condition your whole oxygen-delivery system, not just your heart but your lungs and blood vessels as well, to accommodate a greater work load.

On a day-to-day basis, this reserve capability is what protects you from constant fatigue. Your regular duties won't leave you exhausted if you've built up a capacity for doing much more. In an emergency, this reserve could literally save your life. For example, if a coronary artery becomes clogged—the most frequent cause of heart attacks—the result could be immediate death. But if you've developed "extra" coronary arteries and capillaries through exercise, they can take over and keep the heart supplied with oxygen. On the other hand, an unconditioned circulatory system deteriorates and speeds the onset of trouble: deposits build up on artery walls; blood vessels lose their suppleness and elasticity; the heart and lungs grow lazy and feeble.

Is there an ideal sport?

Make an honest assessment: what does your sport do for your basic fitness? The skill it requires, the judgment, the nerve—these and similar factors are irrelevant. Whether one sport is intrinsically "better" than another is not an issue here.

You could argue, for example, that golf is in many ways an almost perfect pastime. It's fun, it's relaxing, it appeals to all ages. Played seriously, it presents a hard challenge. But since golf makes fewer strenuous demands on the body, it has to be ranked lower than handball, for instance, in terms of its efficiency as a conditioner for your heart. Most middle-aged men could play golf all afternoon without ever having to draw a deep breath. And the evidence is overwhelming that the best sports for basic fitness are those that require deep breathing and a speeded-up heart rate sustained over a period of time, not just in spurts.

Exercise is beneficial to overall fitness in proportion to the amount of steady exertion it demands. The best exercise is simultaneously strenuous and prolonged—not one or the other, but both. An all-out effort that ends practically at once—dashing a hundred yards in ten seconds, for example—gives the heart too little time in which to exert itself properly. (That's one big flaw in the various "instant" exercise programs so highly touted in recent years.) And at the other end of the spectrum, a whole morning on the golf course, where the average rate of walking is about one mile per hour, provides no real occasion for exertion. The sports most beneficial to overall fitness—and therefore your heart—are located somewhere near the center of this spectrum, such as long-distance runnin where your heart and lun must work steadily and har

Some people find it difficu to accept this central fact. Mo milers look puny beside foo ball players, say, and it's cor monly assumed that big skel tal muscles are positive pro of superior overall fitness. Suc is not always the case, hov ever, even among champio athletes. Their training is oft focused on some short-term o jective, designed in many cas to perfect specific skills wit out necessarily improving bas fitness to anything like a cor parable degree.

How do you rate your sport?

The mere fact that your mu cles get tired does not pro you've had a healthy workou Especially if you're in less tha top condition, or if you resc to "instant" fitness program your muscles may tire even b fore your heart gets warm up. Such exercise does a mi mum of good.

One good yardstick f most people is the numb 130. Experts agree that exe cise begins to be very useful and this rule applies to *a* form of exercise or sport when the heart is made pump at a minimum *rate 130 times a minute.* (This often called pulse rate and *not* to be confused with blo pressure readings.) At a slo er pace, few demands are i posed on heart or lungs th would cause them to gr stronger or more efficient.

How healthy a particul sport or exercise program is d pends not only on the natu of the activity, but on how vi orously you pursue it. Swi ming, if you *really* swim, giv your heart a good workout. B if you just stand around in t pool and splash a little, y might as well be sitting at desk. The same goes for han

Continu

"And, honey, with all that extra freezer space I can load up on all the specials."

"Like when they've got orange juice on sale, I can buy enough to last till the next sale. This new Coldspot's got a big freezer. Holds 190 pounds. This one's frostless, too—the freezer *and* refrigerator. It's even got an ice-water dispenser. And that new Humidrawer™ thing—they say it's the first crisper that's really airtight."

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No doubt about it. You're soft, dainty, pretty, but you're not depending on that dimpled smile to get you through life. You're confident. Sure of yourself as a woman.

Why lose that good feeling during your period? Use internally worn Tampax tampons. You'll get complete, secure sanitary protection. There's no odor, chafing or discomfort. And no disposal problems. The container-applicator, like the tampon, can be flushed away.

From the very beginning use Tampax tampons. They come in 3 absorbency-sizes: Regular, Super and Junior. One's just right for you.

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Health and sports *Continued*

ball, tennis, skating or any other sport you might take up: they can make your heart pump *if you play them with vigor.*

A pertinent question to ask, then, is this: How often, if ever, do you play hard enough to keep your heart pumping at 130 or over? With practice, you'll learn to "feel" when you're working this hard, mainly by the depth and rhythm of your breathing. In the meantime, just count your heartbeats or pulse for ten seconds and multiply that number by six.

Naturally, those sports that involve a lot of running—basketball, for instance, if you use a full court—tend to provide more exercise than slower games like golf. But even golf can be played in a strenuous manner. George Romney, now secretary of Housing and Urban Development, adopted the practice when he was governor of Michigan of playing nine holes every day, but with a difference. He played three balls simultaneously over a distance of three holes—three times three for a total of nine—and instead of walking between shots, he ran. In the 15 minutes or so that this took him, his heart was really working.

How much should you play?

Fifteen minutes a day of hard exercise is enough to keep most people in pretty good shape. One hour a week, in fact, can help protect your heart and is probably a more realistic goal. Your long-range plan should be based on that figure: at least one hour a week divided either of two ways—into three sessions of 20 minutes, or four of 15. The choice is up to you. This certainly isn't to dissuade you from playing longer if you like. The more exercise you get, the more profit to your health.

Then, when you're finished, make an honest appraisal of how long in that session you were really bearing down. For how many minutes were you sustaining a heartbeat of 130 or higher? (Don't include brief flurries of activity or excitement; nothing counts until after you've held that fast a pace for a minimum of five minutes without letup.) Resist the temptation to exaggerate here. Don't delude yourself. If you're a golfer and use a caddy or a golf cart, your heart may *never* reach 130, and kidding yourself about it will destroy the whole plan.

If the *honest* answer is over 15 or 20 minutes, whichever is in keeping with the schedule you've selected, that's all there is to it; you're done until the next time. (The 15 or 20 minutes is a maximum figure, and the most you can get credit for in any one session.) If the answer is lower, you must make up the difference—either by returning to the sport you've been engaged in, playing a little longer with a little more effort or by rounding out the session with some running. Ten minutes of running is ten minutes of work, and it's usually the best way to wipe out a deficit.

As with any fitness program there are certain precautions.

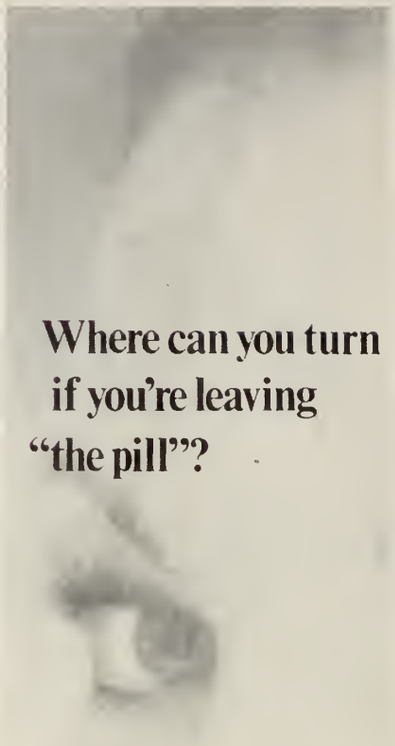
- If you're over 35 or lead a sedentary life, get a checkup and your doctor's approval before you start—especially if anything in your medical history might impose limitations on activity. Ask your doctor to recommend a sport, if you don't have one.
- If your heart rate approaches 170, slow down. You're working too hard. Sustaining that fast a pace can be risky.
- Don't expect too much of yourself too soon. Adopt a conservative attitude. Start slowly and let your heart tell you when to work harder. Very light exercise might suffice for a few weeks to result in a heart rate of 130. As your overall fitness improves, getting to that point will take more effort. Warming-up and cooling-down periods of a few minutes are valuable, too.
- Obviously, you should stay on the safe side of exhaustion. Exercise should leave you tired but not exhausted—there's a difference. A good indication that you might be overdoing it is if, two minutes after you've stopped exercising, your heart rate still exceeds 110.
- The American Medical Association warns of four danger signs:

1. Breathlessness and pounding of the heart still noticeable ten minutes after exercise.
2. Marked weakness or fatigue that persists after two hours.
3. A broken night's sleep attributable to exercise.
4. A definite sense of fatigue the following day.

If any one of these signs appears, your sport has been too severe or too prolonged for your present stage of training and physical strength.

(Prepared in cooperation with Gordon G. Greer, contributing editor.) ■

Where can you turn if you're leaving "the pill"?



Of course "the pill" is the most effective form of contraceptive known to woman. But if you're forced to look for another answer, consider modern, easy Delfen* Contraceptive Foam.

Delfen gives you instant, highly effective protection that has been *proven* in extensive medical research. Although it is undetectable in use, Delfen creates a chemical shield with the most effective spermicide you can get. (Clinical data is available to your doctor.) In fact, there is no more effective method of vaginal contraception than Delfen. And, for most women, no side effects.

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von creates super-moist makeup–The Fashion Group!



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AVON

ROCKEFELLER PLAZA, NEW YORK. ©1971 AVON PRODUCTS, INC

A diversified divider

This see-through room divider provides the answer to several of your space problems. It not only divides, it adds storage space and a handy serving shelf.

And that's not all. The project looks permanent, but its five basic sections can be dismantled and taken with you at moving time.

The four rectangular columns minus fronts and backs are slotted to accept ¼-inch plate glass or clear plastic shelves. These provide a wealth of display space without blocking the light. Floodlights recessed in the cornice are spaced between the columns.

Serving shelf on the back folds down to form a convenient buffet 18 inches wide and 4 feet 10½ inches long. When folded up, the shelf acts as a decorative panel and stabilizing element on the freestanding columns.

Overall dimensions of the divider: 7 feet 10 inches high, 6 feet wide and 16 inches deep. The basic building material is ¾-inch plywood painted with semigloss enamel.





Photographs: Dieter. Designer: Charles Gans

Better Homes
Project Plan 4105-1
To order
see page 98.



The toothpaste on the bottom is Dentu-Creme—the top-selling toothpaste for cleaning false teeth. It cleans and freshens dentures with special ingredients no family toothpaste has. Because family toothpaste has to be mild enough even for kids. But Dentu-Creme is powerful enough to get dentures really clean.

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In the first place, one coat looks like two. That rinks a room to half its size before you start.

In the second place, this paint flows on quicker an your ordinary paint and levels smoother. ıat cuts it down some more.

In the third place, drying time is one or two hours. ıd if you're covering a real problem color, and you have to paint a second coat, you can do that in four hours.

Then in the fourth place, your rollers, brushes and equipment (and your goofs, if any) clean up with soap and water.

You don't even have to write down "Dutch Boy Nalplex Latex Flat Wall Finish." Just ask the man for the room shrinker.

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Easy Stitchery Kits You Can Make

Selected by Better Homes and Gardens Editors



GRANDMOTHER'S FLOWERS This unusual crewel design bridges the generation gap in home furnishings. A floral arrangement to accent either traditional or modern decor. These contemporary flowers are set out in a pitcher on old fashioned lace and will add a striking accent to any room. Fits 19″x23″ frame. Kit 00432 $8.95. Frame 00433 $13.95.



BOUQUET IN BLUE Master a few crewel stitches and produce this eye-catching floral arrangement that will last and last. You will discover it highlights most any color scheme. Fits a 18″x21″ frame. Kit 00500 $8.95. Frame 00502 $10.95



FLOWER BASKET Brighten any room with this sunny needlework masterpiece. It looks professional when completed but is easy to make with a few simple stitches. You will gain many compliments. Fits a 19″x23″ frame. Kit 00429 $8.95. Frame 00430 $13.95

Each kit includes crewel wool yarn, design-stamped homespun, easy to follow instructions. We even include the right needle. Frames are not included but can be ordered separately. You save when you order more than one kit. Any 2 kits $16.95. Any 3 kits $24.95.

Postage Chart

Please include payment for postage and handling as follows:

For orders up to $10	add 60c
For orders from $10.01-$15	add 90c
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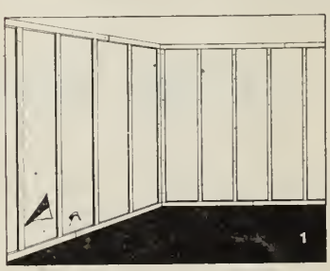
When and how to use furring strips

If you're thinking about paneling a room or putting up acoustical tile on a ceiling, you'll soon hear about furring strips. The most important thing to know is when you *don't* need to bother with them. These days, that's pretty often. With the advent of the new builder's adhesives, you can usually glue paneling directly to the walls.

When are furring strips a necessity? Whenever the wall you intend to cover is too irregular, pockmarked, or otherwise damaged to directly support a new surface. Furring strips will make a stronger and smoother framework on which to support paneling. For example, if your wall is covered with peeling wallpaper and the plaster is cracked or gouged, you can't glue panels directly to the wall. If you did, the adhesive would just pull the paper or plaster loose instead of sticking to the wall.

Rather than strip the walls, just nail up furring strips and avoid the whole problem. The best material to use in this case is ¼-inch plywood. Buy the cheapest plywood you can get. Then rip it into strips about three inches wide. Pull off the baseboards all the way around the room, and remove the ceiling molding if there is any. Now nail strips of plywood horizontally along the ceiling line, and at the floor line. Be sure to drive the nails through the plywood and wall surface into the studs. You'll usually be able to see the location of the studs when you remove the baseboard.

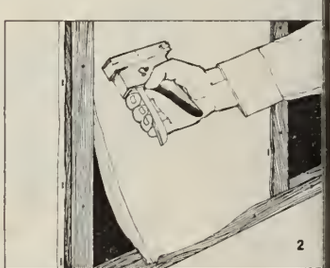
If you don't see them, just drill or cut holes in the wall until you find a stud. Since studs are almost always set 16 inches apart, from center to center, once you've found one



the rest are easy to locate.

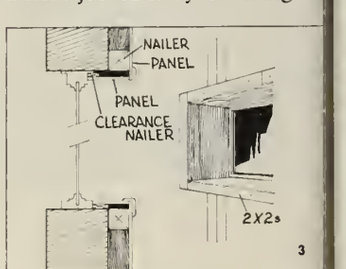
Now nail vertical furring strips onto every stud, starting in a corner. This way every third vertical strip will occur where the four-foot-wide panels should meet (see diagram 1). So all you have to do is glue or nail the panels to the ¼-inch furring strips. If you use panel adhesive, apply the adhesive to the *strips* instead of the panels.

In a basement, you could glue the paneling to the wall with plastic-foam sheet insulation. But if your walls are rough, use furring strips. Fasten 2x2-inch furring strips to the wall with one of the new adhesives, and fill in with insulation between them. Cover the whole framework with paneling. Space the upright strips every two feet, with a horizontal strip top and bottom. Add roll-type insulation batts between strips or glue in panels of rigid foam insulation (diagram 2). Then finish



by gluing or nailing on your paneling.

When you come to windows, frame around them with 2x2s, then cut scraps of paneling to line the inside of the window opening. Glue these in place and then cut the wall panel to fit around the opening. Make a neat job of it by covering all



the edges with outside corner molding (diagram 3).

Some basement walls in older homes are just too rough and out of line to allow furring strips to be glued on. If you're faced with this problem, sidestep it by building a new 2x4 framed wall section to go right

Continued on page 109

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SEWAGE POLLUTION: WHAT CAN BE DONE AND WHEN?

The second in a series of articles

Americans traveling in foreign countries are often warned to be careful about the water: it may not be safe to drink. It is only then that many of them reflect—always proudly and often for the first time—on the high quality of America's water.

But how long will we be able to drink our own water? As everyone knows by now, its quality is rapidly deteriorating. Water pollution is most serious in the Northeast and in the Great Lakes region, but the pollution problem exists in all parts of the United States.

Like most problems, this one is subject to oversimplification. For instance, what causes water pollution? Put that question to almost any group of people and you're likely to hear a great deal of talk about laundry detergents that contain phosphates. If you want clean lakes and rivers, someone will say, get rid of the phosphate detergents.

True—eliminating those kinds of detergents is a necessary step. But that alone will not solve the problem, for detergents are not the only source of phosphates that issue from our sewer pipes. Another major source of phosphate is human waste. If anything, the hue and cry about phosphate laundry products has tended to obscure a vastly more important issue: as a nation we have been unwilling to pay for proper sewage treatment.

Here, as in other areas of deep concern, it's all too easy to become confused by controversial claims and counterclaims, political opportunism and general hysteria. The purpose of this series of articles is to report sanely and with balance on these vital issues.

Some 1400 communities, including New York City, dump all or part of their sewage raw into the nearest water. A third of our population lives without sewers of any kind content with cesspools and septic tanks whose residues seep into underground streams. Another third is served by sewage treatment systems that simply don't do an adequate job.

It's almost unbelievable: the body wastes of two out of three Americans—more than 130,000,000 human beings in the richest country on earth—return into the water cycle practically unchanged.

The hygienic aspects of this situation are obvious. Shellfish from some sections of our coasts harbor the threat of



hepatitis and worse. Numerous beaches have become unfit for use. The specter of epidemics lurks in our lakes and streams. Wells in many areas of our country require constant testing, and must be dug ever deeper to escape contamination by intestinal bacteria now common in the higher strata of the subsoil.

Contaminated water not only poses a health hazard but greatly hastens a process called eutrophication, the "dying of lakes." That's where the phosphates come in—the phosphates in detergents as well as those naturally present, along with nitrates, in body wastes. Both phosphates and nitrates are powerful nutrients. The trouble is that they act as plant fertilizers in water just as they do in soil.

They stimulate an overgrowth of algae and other aquatic plants. As this plant material dies, it decomposes and consumes the water's oxygen. This leads to foul odors, kills fish, and halts the bacterial action that normally consumes organic wastes. The process eventually fills lakes, ponds and streams with muck and turns them into swamps or marshland.

Actually eutrophication is a natural process. It happens in waters unsullied by man, simply as a result of the nourishing runoff from adjoining land. In nature, though, this takes thousands of years. We have greatly stepped up the process. Unsewered and densely populated as we are, we can almost see it happen before our ve eyes. The Potomac River is sluggish sink. Klamath La in Oregon, Chain O'Lakes Illinois and Wisconsin, La Onondaga in upstate Ne York—they and others are dying from lack of oxyge The shallow western end Lake Erie has turned into festering reservoir of dead o ganic mush. Once the con nental United States possess 33 sparkling salmon strean now only six can support th fish which is so dependent clear, aerated water.

The facts are plain: we ca rest with finding new, hop fully harmless detergents. W also have to clean up our bo wastes—and on this score can't pass the buck to gover ment or industry but must a sume responsibility ourselv

Sewage treatment comes three stages. Primary trea ment means no more th screening out large materi such as sticks and rags, and lowing solid matter to sett then draining off the foul wat from this noxious sludg That's all there is to it. Near one-third of our population served by systems that go further than this. Why? B cause it's the cheapest metho

Secondary treatment co sists of holding the liquid fro primary treatment in tank Bacteria in these tanks co sume organic waste, with ar ficial aeration helping to spe the process. More sludge forn in the tanks, and at the end this treatment 85 to 90 pe cent of pollutants have be removed. This system cos more, of course, and so f only one-third of our popul tion has been willing to finan it in their communities.

The third and most advanc stage, called tertiary treatmen goes after the remaining poll tants. It is complicated and e pensive, requiring chemica physical agitation and a co plex system of filtration. I deed, tertiary treatment more costly than the two ea lier steps combined—but u fortunately it's only at th last stage that phosphates, n trates and other nutrients a finally removed.

The country's outstandi

Continue

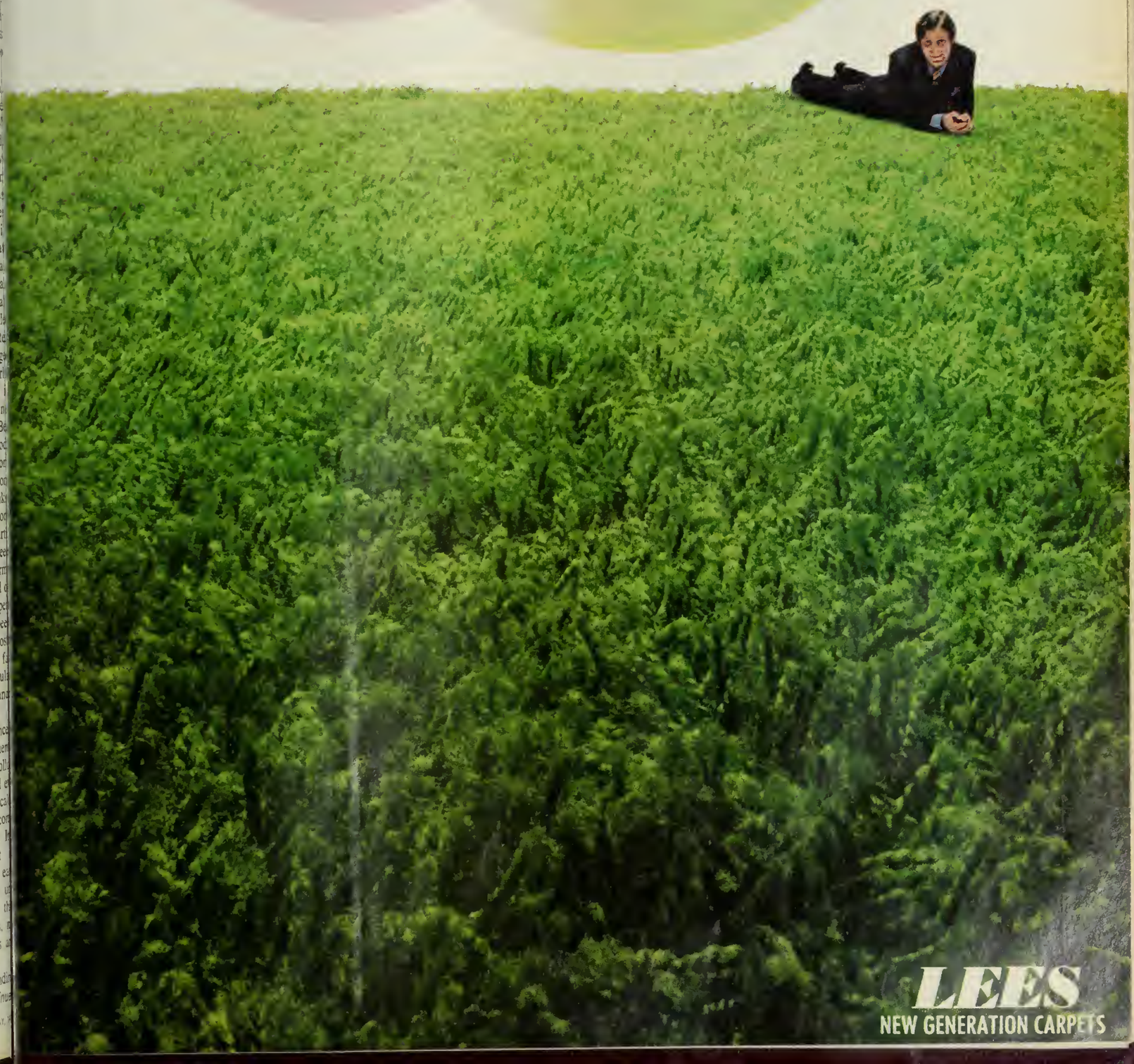
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Sewage pollution *Continued*

example of three-stage sewage disposal can be found in South Lake Tahoe, Calif., whose system transforms raw sewage into water pure enough to drink. This plant, built by Envirotech Corp., was designed for a potential 100,000 population in a 20-square-mile area. The price tag was $6 million ($28 million counting the laying of sewer pipes). Its operation, including amortization, costs 40 cents per 1000 gallons of sewage. At 70 gallons of household sewage per person per day, this brings the monthly cost per resident to about a dollar.

A similar plant in a city of 1.5 million would cost $17.5 million to build. The operational cost would drop even more: to 11 cents per 1000 gallons, or about 25 cents per person per month. Still, few communities can afford tertiary facilities like this one, and to consider installing them while so much of the country still lacks even secondary treatment is utterly unrealistic.

Tertiary treatment may not always be necessary. There are several other ways to remove phosphates at earlier stages of treatment. For the most part, though, these methods are either still experimental or are presently workable only in particular localities. Until one or more of these methods can be widely adopted, tertiary treatment remains the best method of removing phosphates, nitrates and other nutrients.

What government can do.

How about federal financing? To demand that Washington foot the whole bill is begging the issue: in the end, the funds must come out of taxes anyway. But the government should stand ready to contribute a fair share, and it has done this where municipalities are willing to meet standards.

Right now it is the federal policy goal to bring secondary treatment, at least, to nine out of ten communities within the next five years. Studies by the Department of Interior indicate that this will cost some $10 billion. The proposed federal share would be $4 billion —provided Congress approves it—with the rest coming from states and cities. President N on has gone even further. has just asked for $2 billion year to enable cities to build improve waste treatment cilities.

This is a lot of money to a of Congress, especially wh Congress is not in a spendi mood. But it's not really much in a country that h passed the trillion mark gross national product, a spends billions annually space exploration, not to me tion nearly $80 billion for d fense. The editors of Bett Homes and Gardens f strongly that this issue must pressed before Congress, a hope that for once partisa ship will be forgotten when comes to the vote.

What industry can do.

Industry can't help mu on the sewage problem. It h its own industrial pollution worry about. (This will be d cussed in the September issu Only the detergent makers a directly concerned. But le take a closer look at the ph phate situation.

Actually only about 13 pe cent of all the phosphor produced in the United Stat is for detergents. That's abo 500 million pounds a year. F far the largest portion—abo 77 percent—goes into fert izers and animal feeds. W can't ban it there if we wa to keep eating, for it's vital f crops and animal growt Much of the phosphorus us for such nutrient purpos reaches our waters throu agricultural runoff, and the is nothing we can do about Some of it, of course, reach the water indirectly throu body wastes: every adult h man contributes nearly tw pounds of phosphorus a yea

Still, removing phosphat from detergents—even thou they're only part of the pictu —is an essential step in th right direction, and deterge manufacturers are well awa of this. They have been loo ing for substitutes for yea One company alone has teste hundreds of different mate als, such as starches, carbo ates and other chemicals f

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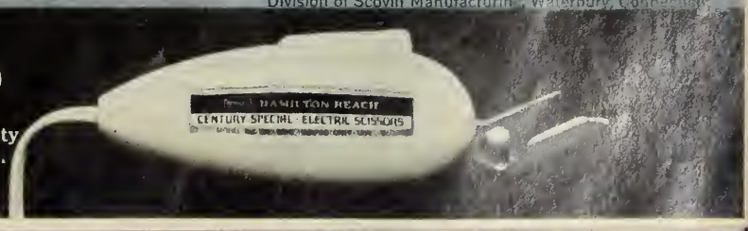
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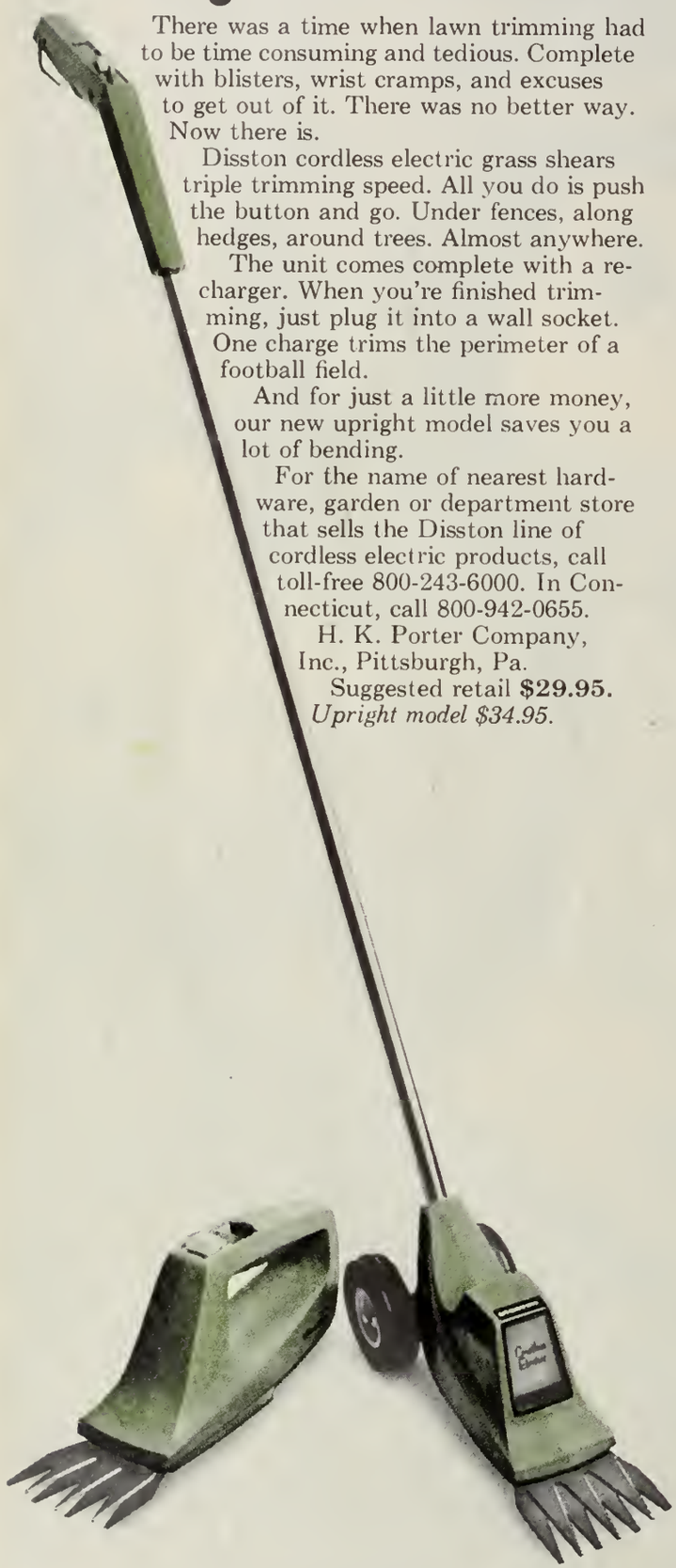
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Sewage pollution *Continued*

their cleaning ability, toxicity and biodegradability. So far no satisfactory replacement has been found.

For a time, NTA (nitrilotriacetic acid) seemed a promising substitute. It passed a long series of laboratory tests for health and safety hazards, and it did not contribute to eutrophication. Then suddenly NTA had to be discontinued last December after preliminary government tests showed that high levels of the substance might combine with high levels of other metallic elements to cause potential problems.

There is considerable controversy about the reliability of the government tests. No matter how that is resolved, the short history of NTA has a moral: any hasty substitution of new ingredients for phosphates in detergents can put enormous amounts of *untested* chemicals into our sewage. It may be more prudent to live a while with the known problem than to risk new hazards. Every buyer of detergents should be cautious about lists of low-phosphate products. Not only the phosphate content but the other ingredients should be questioned. A compound that corrodes metal badly, or one that could poison a child, is hardly the right substitute. Of course, there are low-phosphate and no-phosphate detergents that are neither corrosive nor poisonous. The trouble with many of these is that they may not clean as well over a period of time. How clean is clean? Must your clothes be whiter than white? Standards of cleanliness are subjective; only you and your family can decide what kind of cleanliness and brightness you'll settle for. But many homemakers have decided that, at least for the time being, they would rather have less cleaning power than more water pollution.

Rather than impose an immediate phosphate detergent ban—which has been suggested in Congress—it might be well to tackle the problem first on a regional basis. All manufacturers should, for example, tailor their products so that only a minimum of phosphate is used in areas where the water is soft and the chemical not so necessary.

In any event a little patie is called for. When an ef tive substitute is finally fou it will take at least two year testing before it can be proved by agencies such as Food and Drug Administra and the Department of A culture, and before it can moved from research lab tory to supermarket shelf. even then we will still be st with our major sewage p lems unless we're really wil to do something about it.

What you can do.

Will we ever clean up mess? It's up to the indivi voter. In some communiti has been done. Seattle was of them. San Diego is anot And Chicago is trying.

Seattle cleaned up its L Washington 15 years ago v a sewage system that cost $ million and serves an area 231 square miles. The mon cost of drinking pure water enjoying the delightful runs $2 for the average fan

San Diego was a little sl er in solving its problem. famed bay was brown v sewage and eutrophication, to inadequate primary tr ment from a single, overloa plant, and the dumping of sewage by the Naval Amp ious Base and the City Coronado. It remained br for a long while—the nee bond issue was defeated first time around. In 196 finally passed, and now bay is a beautiful blue, tha to a $60 million plant serves seven communities v a combined population of million. The plant's poten capacity is for 2.5 million p ple. The monthly cost is $1 per household. (The Navy still discharging raw sew but has promised to stop it 1973.)

Chicago is taking a differ approach, so far only on experimental scale. Its sanit engineers are drying some the sewage sludge and shipp it to Florida as fertilizer citrus groves. Chicago back $12 a ton, not q enough to pay for the op tion. The city is also testin new system that turns its slu

Continued on page 1

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Combat air pollution in your home with this trim portable air cleaner. It's only five inches high and 20 inches wide, yet its electrostatic precipitator removes over 90 percent of the dust, smoke and pollen from the air. Conventional filters remove less than ten percent.

As airborne particles enter the unit, they pass through an electric field to receive a positive charge. Then these ionized particles pass into a second field where they are attracted to a negatively charged plate.

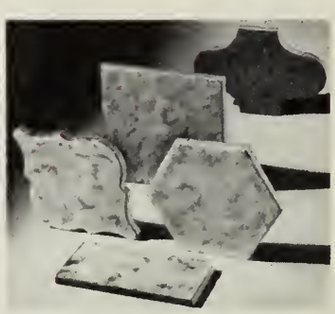
Trion Portable Electronic Air Cleaner, $159.95 at appliance stores, Trion, Inc., 1000 Island Ave., McKees Rocks, Pa. 15136.



Easy-starting lawn mower gine has no settings to get of adjustment. Its carbure never needs choking or pr ing, and a mechanical gover instantly responds to vary power demands.

A side-mounted pull sta and an automatic compress release take 50 percent of effort out of cranking the gine. The air cleaner is mou ed outside the engine shr where you can reach it ea for periodic cleaning and m tenance. The fuel tank can removed without tools.

Tecumseh Engine, in th and 3½-h.p. on many ro mowers. Tecumseh Prods. Grafton, Wis. 53024.



Pave your floors with rugged ceramic tile that puts the emphasis on the natural look.

Available in seven muted glazes plus an unglazed earthy color, the tiles blend well with other natural surfacing materials, such as wood or stone.

Primitive Ceramic Tiles, in five shapes through building contractors. American Olean Tile Co., Lansdale, Pa. 19446.



Revolving tape storage puts cassettes at your fingert Each one stores 25 casse and spins, lazy-Susan style.

Several units can be stac to store a large collection minimum space. Tamb style doors keep dust out.

Do-Six Cassette Carou $11.95 at tape recording partments. Double Sixteen Box 1616, Wheaton, Ill. 60

Install interior doors that are as tough as they are smart.

The vinyl surface on these doors resembles real hardwood, and it's rugged enough to take all the abuse your household can hand it. A damp cloth wipes away hand prints, crayon marks and shoe polish. Even grease, ink and alcohol won't affect finish.

Prefinished solid and holl core doors and hollow-c bifolds are available in var color tones, plus maple, b and walnut wood grains.

Vinyl Shield Doors at bu ing suppliers. Georgia-Pac 900 S.W. 5th Ave., Portl Oreg. 97204. *Contin*

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Majesty™ design in Peerless™ Cushioned Vinyl.

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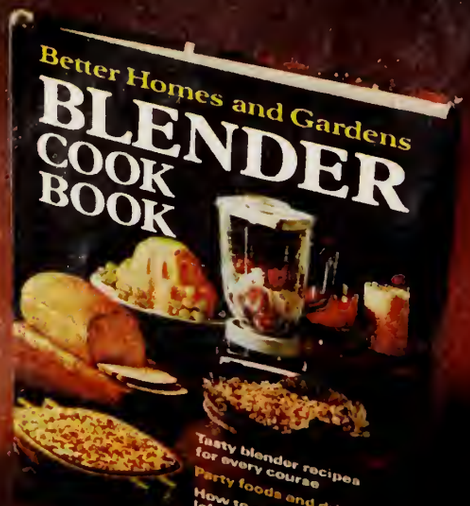


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Better Homes and Gardens Books



Mount a tape measure where you use it most often. Just peel off the protective strip and stick the tape to the top of a bench or any clean, dry surface. You can install it on a sewing table, counter tops—anywhere a tape measure would be handy.

Disston Measuring Stick Adhesive-Backed Measuring Tape in ½- and ¾-inch widths, and five- and ten-foot lengths, $1.49 to $1.99 in hardware departments. H. K. Porter Co., Inc., Porter Bldg., Pittsburgh, Pa. 15219.



Three safety features u neath this power mower grass cutting less hazardo

The hinged safety shiel drags along ground to p operator from thrown ob keeps feet from under m

Blade guard (2) re danger of flying objects helps prevent accidental tact with blade. Deflecto (3) diverts debris into

Guardian Mowers $119.95. Toro Mfg. Co., Lyndale Ave., S., Minnea Minn. 55420.



Convert a hinge into a door closer. Just tap out the hinge pin and slip this spring-loaded device into its place.

Use the special wrench furnished with the kit to adjust the spring tension, then add the decorative cap. The device is usually installed on the top hinge. One closer handles doors weighing up to 60 pounds.

Door Closer, $3.49 in hardware departments. Hager Hinge Co., 139 Victor St., St. Louis, Mo. 63104.



Cold drinks keep their hot drinks stay sizzling poured into the insulated top of this picnic bottle.

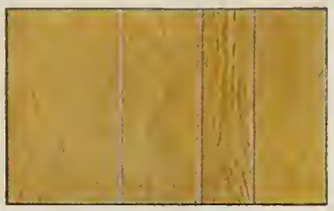
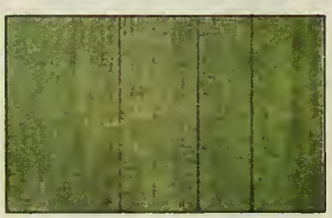
Just like the bottle i the top has double walls closing a vacuum space. stopper comes off or goe with a half-turn. The bo unscrews for cleaning.

Thermo-Top Insulated tles, from $2.50 at hard and department stores. T mo-Serv, Div. of West I Co., Anoka, Minn. 55303.

This long-lasting sandpaper contains neither sand nor paper. The abrasive grit is bonded to a tough Mylar back, providing a sheet of abrasive that should last up to nine times longer than regular sandpaper.

You can use this material either wet or dry. To clean it, just crumple up and shake out. It can be used on all mate from wood to metal. The ble backing makes it idea contour work.

Flex-I-Grit Sheet Abra 99 cents for a package of 9x11 sheets in hardware paint stores. RDC Indust Inc., 21st and Clearfield Philadelphia, Pa. 19132. ■

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"How I got cleaner whiter teeth in just three weeks..."

CARS DUANE GREGG Automotive Editor

Removing the mystery from tire buying



Few buying decisions are more baffling than picking the right kind of tires. Lack of an industry-wide grading standard is responsible for much of this confusion. Each company rates its own tires. As a result, one brand's so-called premium product may be no better than another company's first line or even second line.

The National Bureau of Standards recently came up with recommendations for a uniform grading system, but a working set of standards is still quite a way off.

How good a tire should you buy?

For a start, evaluate the tires that came on your car as original equipment. If they performed satisfactorily, replace them with tires of comparable size and quality (first-line replacement tires). If service was less than satisfactory, consider a better tire or perhaps one of the same quality in a larger size. With very few exceptions, don't go for lower quality than the original equipment. True, lower quality tires of a reputable brand will be safe enough since all tires must now meet minimum standards for strength. However, the cheaper grades won't stand up to high-speed driving, overloading and abuse, and their tread life is comparatively short. Factory rejects or seconds of a good-quality tire are often a good buy. That's because seconds sold for highway use are rejected for appearance reasons—usually blemished sidewalls or slight tread irregularities. Tires rejected for structural flaws must be labeled for farm or non-highway use and are intended only for low-speed, off-road driving.

Consider the following questions before you shop for tires:

1. How long will you keep the car? If you plan to keep it for another year at most or will drive it less than 10,000 miles, there's not much justification for buying top-line tires guaranteed for 40,000 miles. But don't buy cheapies that will be nearly bald by the time you trade.
2. How fast do you drive? If you do considerable driving at highway speeds, buy tires of original-equipment quality or better. Even if you are a city or suburban driver, you may use expressways and other relatively high-speed roads more than you realize.
3. Do you often haul heavy loads or drive on rough roads? If so, consider nothing less than original-equipment quality and size. There is a definite correlation between tire size and

load rating, so if you often use your car to carry heavy loads or drive on rough roads you should give serious consideration to a larger tire. For a station wagon that frequently carries heavy loads, consider a tire with a heavy-duty carcass and higher load rating.

What determines the price of a tire?

Essentially, the type and amount of materials used. Higher priced tires generally contain more better-quality body cord material and more rubber, most of it in the tread area. Tread rubber of the more expensive tires is specially compounded to provide better traction, better handling and longer wear. The greater amount of cord material is mostly in the extra belt plies of the belted-bias tires. Nearly all original equipment tires are now of the belted-bias ply construction with a two-ply carcass plus a two-ply belt.

Four cord materials are in general use:

Nylon is the strongest of the fabric cord materials used for body plies. Nylon's one drawback is "flat spotting" that develops when the car is parked overnight. This causes the tires to thump until they have been driven a few miles, after which the sound disappears. Some manufacturers say they have all but eliminated spotting with new developments in nylon cord. Virtually no nylon is used in original-equipment tires.

Rayon provides high-speed performance nearly equal to nylon's and with no flat spotting. Rayon is used as a body cord in some belted-bias tires in conjunction with fiber glass or rayon belt plies. Rayon is also employed quite extensively in radial-ply tires. Some manufacturers use it for both the body and belt cords in radials, others for the belt plies with polyester for the body cord.

Polyester is the newest but already the most widely used cord material. It's used in about one-half of all auto tires now being produced, but it is available only in tires of original-equipment quality or better.

Fiber glass is the strongest of the nonmetallic cord materials. It's available only in the belt plies of belted-bias ply tires. It is used with body cords of rayon, nylon or polyester.

Steel wire offers the ultimate in strength and durability for tire cord. However, it is limited almost exclusively to the belts of radial tires. A few manufacturers are now using it for belts in belted-bias ply construction in a few sizes. Steel wire is also in very limited use for both the body and belt cord on some radials. Present production capabilities for the special wire are limited. As more wire is available, it will appear in more top of the line tires.

Types of construction

Whatever brand you're investigating, you will probably encounter three types of construction involving the materials described above:

Bias-ply construction may be two or four plies placed on top of one another in crisscross fashion. The cords run diagonally from bead to bead. (The beads are the inner edge of the tire that fit against the rim.) Bias construction is the simplest and until recently the most common.

Belted-bias uses the same construction techniques as bias ply for the body cords. In addition, two bias belts are applied on top of the body plies under the tread area. These additional belt plies give you more mileage, increase stability and road-hugging ability, and resist punctures, cuts and bruises. Belted-bias tires are standard on virtually all new cars.

Radial-ply construction consists of two or more body plies with the cords running parallel to one another from bead to bead straight across the tread. On top of these body plies and directly under the tread area are two or more belt plies.

Radial tires, while the most expensive, are the best tires you can buy. Several manufacturers guarantee at least 40,000 miles of wear from their radials. Radials provide better traction with up to 15 percent more tread area in contact with the road. They also offer the greatest resistance to bruises and impacts in the tread area.

Continued



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Tire buying *Continued*

Shopping for tires

All the major tire companies are highly competitive a their products, grade for grade, are roughly comparable quality and suggested retail or list price. To simplify yo buying decision, begin your shopping with a tire dealer y trust, someone handling a brand with national distributio This will be particularly important should you have a pro lem requiring warranty replacement or service when you a away from home.

It's a good idea to check prices with several dealers as m dealer manuals offer considerable pricing latitude. Be su the quotes are for tires of comparable quality. Also, find o whether the quoted price includes mounting, sales tax, feder excise tax and balancing.

When is a sale really a sale? To be sure, you must know t normal selling price. An uninformed customer might be c luded by the appealing "half price for the second tire" con on. Is the price half of the normal selling price or is it bas on a greatly inflated list price? Only knowing the everyd price for the tire will tell you if the half-price offer rea represents a price break. Also read the sale ads careful Many do not claim to offer special or lower prices. Th merely use the word "sale" and let the consumer deci whether it really is a sale. As with any product, there is an escapable correlation between quality and price. You wo find a top-quality tire at a bargain-counter price.

What about guarantees?

All tire manufacturers offer some type of guarantee. M of them have at least a warranty that will give you credit f the unused tread if the tire fails. Some tires are guarante for a specified number of months, others for so many mil There are also lifetime guarantees against road hazards. So companies make no charge for replacing tires that fail duri the first 25 percent of tread life. A few even offer free placement of a defective tire that fails in normal use so lo as the original tread has not worn down to the tread we indicators.

Read the guarantee carefully. Find out exactly what type charges you will have to pay if the tire fails within the gu antee. Be sure that the amount you would have to pay f replacing a defective tire is based on the price you are n paying for the tire or on the then-current selling price. T pro rata price for some replacements is based on an unre istically high "list price." These phony prices can result your paying more to replace a half wornout tire than to b the same tire at the then-prevailing price.

These tips can help you get maximum safety and satisfa tion from your tire purchase:

1. Never use a smaller tire than the original.
2. Put new tires on the rear for best traction and handli
3. Never mix bias and belted-bias tires on the same axle. M ing can adversely affect a car's braking and handling chara teristics. Use radial or wide-profile tires *only* in complete s of four.
4. Be aware that the same size tires of different makes a grades are not necessarily of the same diameter and do n have the same traction capabilities. These differences in s and road holding can affect steering and braking and ca skids and accidents. For these reasons, tires should be placed in pairs, ideally in complete sets. If you buy a sin tire, pair it with a tire of the same size and quality and o having the greatest tread depth remaining.
5. Break in new tires. Limit your speed to 60 miles p hour for the first 50 miles.

Continu

What does a man know about spring colors?



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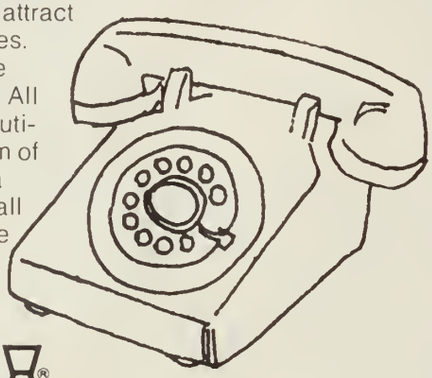
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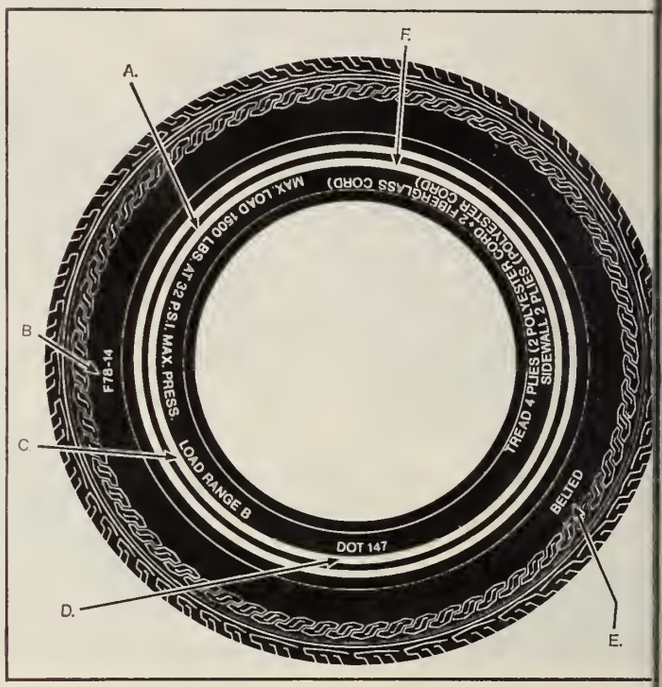


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Reading the sidewalls



Take time to read and compare sidewalls. They contain wealth of important information. The sketch shows wh you'll find on a typical original-equipment type tire.

A. Load and inflation. This tire can carry a maximum of 15 pounds at a maximum air pressure of 32 pounds. Four these tires would have a total capacity of 6000 pounds, cluding the weight of the car, its passengers and cargo. T load rating decreases with lower inflation pressures.

B. Size. The example is marked F78-14.

F—load carrying capacity (1500 lbs at 32 psi maximum pr sure). 78—series (height to width ratio). The height of tire is 78 percent of the width. Other series you may counter are 70 and 60. 14—rim size diameter in inches.

If the tire is a radial, an R will appear between the F a 78 (FR78-14). Note: the tire industry recently changed siz to a combination alphabetical-numerical system. For examp a tire formerly designated as 7.75-14 is now an F78-14.

C. Load range. Range B indicates the tire has a 4-ply rati Range C denotes 6-ply; range D, 8-ply.

D. Manufacturing number. Every manufacturer is assigne three digit code number by the Department of Transportat (DOT). All tires carry the DOT designation but not all ma facturers are yet including the code number.

E. Construction type. Belted-bias ply may be identified such or merely as belted. Radials will be designated radial-ply. No designation indicates conventional bias-ply

F. Ply and material identification. Every tire contains formation describing the ply construction and material us Our example has two polyester body plies and two fiber gl belt plies. Thus the tread area contains four plies; sidewa two plies. There is a great variation in the way ply and ma rials are identified but the number of plies and ply mate must appear somewhere on every tire sold. ■

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Men—share your recipe with us. We'll pay you $50 for each one selected . . . no food categories, no deadlines. Send your entry to "HE COOKS," P.O. Box 7 Des Moines, Iowa 50302. Recipes submitted become property of Meredith Corporation.

Father-son camping trip

Next time you take your son on a camping trip, teach hi how to cook. Here are two easy recipes—a hot and hear skillet special to get the day off to a great start, and a fres fish fix-up just right for a campfire supper.

Photographs: Dieter



Skillet Breakfast Pie

Pack frozen potatoes in your cooler or take along fresh— In 8-inch skillet, cook 4 slices bacon till crisp; remove bac from pan. In drippings in same skillet, cook 2 cups loos pack frozen hashed brown potatoes or 2 cups diced fresh p tatoes till golden. Season with a little salt and pepper. Pla bacon in an "X" across potatoes to divide top into 4 portio Break one egg into each triangle portion. Cover and co till eggs are set. Makes 2 large servings.



Buying information, page

Fish in Foil

A marvelous way to cook fresh trout—
Clean and draw or dress 4 fresh fish (about 8 ounces eac In cavity of each, place a chunk of butter or margarine (chunks ½ inch wide from a 4-ounce stick). Sprinkle fish w a little lemon juice, salt and pepper. Place a strip of bac down each side of fish. Wrap each in foil. Place on a bed hot coals; cover with more coals. Cook 15 minutes or fish flakes easily when tested with a fork. Serve extra melt butter and lemon wedges. Makes 4 servings.


SEW. PATCH
ERYTHING UP!
r your fabric snips and sew up a table
a whimsical window, a gypsy gown. Sew
vith One Touch Sewing on the newest
n Touch & Sew* sewing machine
ger. One touch and you're patching,
ueing, embroidering. Find patchwork
ctions in a booklet at any Singer
g Center. But keep it from granny—
d to do it by hand. You get to do it
ne finger.
SINGER
SINGER
ONE TOUCH SEWING

MAKE YOURS A BETTER HOME

By NOEL SENEY,
Building and Outdoor Living Editor,
and Jerry Pinkham,
Associate Editor

IT'S HOME IMPROVEMENT TIME

Make 1971 the year your home gets that something-special look. To help you along, here are 33 ideas designed to brighten, dramatize and update your every room. Next month, look for our ideas on outdoor living—any way you like it!



Photograph: William Maris. Interior Design: Jim Peterson, H. Chambers Co. Source: Kit Tyson

1

ıck of storage space and a bland decor are ıly memories in this remodeled kitchen. ıilt-in pantry shelves between the refriger- or and freezer reclaim the once dead space ətween floor and ceiling. Plywood panels ımmed in black divide the wall into four ːctions. Vinyl wallpaper covers the pantry ɔors. Adjustable shelves in the pantry store tchen supplies. Twelve inches below the ːiling, shelves of plants brighten the room.

2

Brace yourself for an explosion of space and function when you remove a stairway wall. In this room, a banister of 2x4s replaces the former wall. The rear stairway wall becomes a dramatic gallery of art, lights and color. At left, the supporting wall keeps the hall and living room areas separate, but without that boxed-in look. While the living room benefits most from the new visual area, both hall and kitchen share the spatial freedom.

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Photograph: Alderman Studios. Designer: David Ashe



Photograph: Mike Dieter. Designers: Frederick Hey and Toney Frampton. Source: Barbara Gor





Buying information, page 113

Photograph: Hedrich-Blessing. Designer: Charles Sandersfeld. Source: Jessie W

Photograph: Alderman Studios. Designer: David Ashe





Photograph: Alderman Studios. Designer: David Ashe

1

Replacing a solid wall with this new stairway divider yielded two important benefits. First, it safely divides stairs from the room, yet opens up the stairway for better lighting and increased visual space. Second, rows of 15-inch-deep cabinets, with touch-latch doors, add much-needed storage space. The grille below hides an old radiator.

2

A typical L-shaped living/dining room takes on new dimensions with this waist-high divider. Made of 2x4 framing, dry-wall and 1x6 trim, the divider separates the two living areas while retaining the open look. Rows of 1x3 ceiling grates and recessed spotlights give the dining room an intimate feeling. A long buffet stands behind the divider.

3

An average-size bedroom yields extra convenience with a simple area divider like this one. The dry-wall partition creates a welcome dressing/vanity area by taking advantage of little-used space. Built-in wall shelves, cabinets and ceiling lights outfit the vanity alcove. A marble-topped table and an extra-wide mirror add a luxurious finish.

4

Enclose a freestanding fireplace and you have a room divider that's as dramatic as it is functional. The enclosure is made with 2x4s and dry-wall, covered with a coating of stone chips in an epoxy base for insulation. Clay tiles and 1x1 wood trim serve as a protective and decorative hearth. On the dining room side, wall shelves provide storage space.

Make
yours a
better home

DIVIDING

Photograph: Mike Dieter. Designer: Richard Leekley. Source: Barbara Gorder



Photograph: George de Gennaro. Designer: Buzard and Phillips, A.I.A. Source: Dorothy Campb



Make
yours a
better
home

BRIGHTENING



Photograph: William Maris. Architect: Maurice Finegold, A.I.A. Source: Estelle Guralnic



Photograph: William Maris. Architect: Moritz Bergmeyer, A.I.A. Source: Estelle Guralnick

1

vaulted ceiling and new skylight replace a rmerly flat ceiling to give this bathroom a acious daylight disposition. Taking advan- ge of the added space is a towel and bath ccessory closet, complete with louvered ors. Birch plywood paneling and slate tiles artition the new closet. Swing-out windows ith louvered shutters substitute for an old uble-hung window.

2

n extra-wide mirror and makeup lights lend modern note to this remodeled guest bath. medicine cabinet is unnecessary in this uest bath, so the owners use a new mirror brighten and visually enlarge this small ea. The makeup lights, set in pre-drilled les, are decorative as well as practical. n extra mirror atop the main one helps ighten the ceiling.

3

Originally this window was set flat against the wall, and it added little visual interest to the room. A heavy box frame made from dimension lumber takes command over the window, making it a strong focal point of the room. The undivided glass gives lots of light and a better outdoor view. A functional bonus: the wide windowsill serves as a display shelf for decorative effects.

4

Fluorescent lights flood this bathroom with indirect lighting from the newly lowered ceiling. Ordinary gypsum board, suspended from the old ceiling, combines with the lighting to give the appearance of a floating ceiling. Light fixtures are held to the gypsum board with 2x2 supports. Although the lights are well out of view, there's plenty of space between ceiling and wall to change bulbs.

Make
yours a
better home

UPDATING

Photograph: Hedrich-Blessing. Designer: Gertrude Witkin. Source: Jessie W



1

A heavy-gauge steel hood turns a colonial-style fireplace mantel into a contemporary focal point. Made from rolled sheet steel, the hood is held together by a rolled riveted seam. The metal is treated with a primer base and painted. Hidden 2x4 uprights secure the unit to the wall. A sheet metal dealer can give you all the details.

2

Face-lifting the entry made this older ranch house much more inviting. The perilously steep steps were replaced by a dramatic stairway combining blue slate tile steps and landing, Lannon sidewall and a handrail made of 2x6s bolted to steel supports. Vertical 2x2 strips, painted flat black, give the once nondescript door a bold new look.



Photograph Hedrich-Blessing. Architects: Rowe, Abplanalp, and Johnson. Source: Jessie Walker

Photograph: George de Gennaro. Architect: W. Ted Tyler, A.I.A. Source: Pauline Graz



3

To get more mirror space and better storage, this homeowner replaced an old medicine cabinet with two new units that flank a large mirror. A three-inch wood trim, extended ten inches below the cabinets, provides small-accessory shelves. Counter cabinets are re-faced with walnut paneling and black trim. Redwood texture 1-11 panels cover ceiling.

4

Removing the wall that separated the pantry from the kitchen opened the way for efficient new cabinet/counter units. The two cabinets open from either side to serve both rooms. A plastic laminate counter top makes a convenient work surface and pantry pass-through. The new look makes each area seem bigger and brighter.

Photograph: David Jordan. Designer: Gardiner Rapelye. Source: Elizabeth Lunt



UPDATING

Continued

Photograph: William Maris. Architect: Moritz Bergmeyer, A.I.A. Source: Estelle G



1

A 1x8 fir baseboard attractively conceals heating vents, telephone wires and appliance cords. The baseboard is three inches from the wall to allow good air circulation and the rearrangement of wiring when needed. Shelves above, made of dimension fir, are wall hung to keep the floor area free and easy to clean. The rugged texture of the fir complements the face brick on the wall.

2

Before remodeling, this fireplace area was dwarfed and dominated by the flanking floor-to-ceiling glass doors. Now an H-shaped mantel of 2x10s and rough-sawn plywood panels adds visual impact. Fluorescent lights highlight the fireplace wall. The lights are concealed behind a new 1x10 soffit above mantel and doors. Soffit is stained dark to blend with the mantel.

Photograph: George de Gennaro. Architect: Chalfant Head, A.I.A. Source: Dorothy Campbell



Photograph: George de Gennaro. Designer: John Patton, A.I.D. Source: Barbara Lenox



Make yours a better home

SPACE STRETCHING

3

An inviting new deck transforms this once bland and boxy bedroom. Rough-sawn redwood paneling covers the plaster walls, and floor-to-ceiling bookshelves relieve the room's square floor plan. Stainless steel edging is used at the ceiling line and around the deck doors. The deck, surrounded by six-foot-high privacy walls, makes the room seem more spacious than it is.

4

What was a summertime screen porch is now a year-round entertainment center. Sliding glass doors lead to a patio at right. The room was extended to create an alcove of floor-to-ceiling windows. Built-in shelves and cabinets replace the screen wall. Behind the cabinet doors, there's a wealth of entertainment gear. A cathedral ceiling with indirect lighting brightens the room.

Photograph: William Helms. Architect: John Richards Andrews. Source: Eileen Leubecker



uying information, page 113

Photograph: George de Gennaro. Architects: Buzard and Phillips, A.I.A. Source: Dorothy Campbell



SPACE STRETCHING

Continu

1

A bigger window and privacy fencing gi this living room a controlled outdoor vie The new screen, made of 1x6s, shuts o an unwanted street view and makes an a tractive backdrop for a pocket garden. Th extra-wide windowsill also serves as an ad tional seating area for the informal room se ting. Carved redwood panels add interes

2

This clever ceiling remodeling helped turn shoe-box garage into a contemporary fami room. Half the original roof decking is le exposed but stain finished; the other half covered with dry-wall. Pairs of 2x6s are use to extend and lower the right eave three fee providing space for pleasing window design Walls are faced with texture 1-11 plywoo

3

Rotating panels, made from hollow-co doors, replace a view-blocking wall betwee kitchen and dining room. Set off by a glos white 2x8 frame, the oak-stained pane hang on center pivots for versatile positio ing. Space between ceiling and divider left free for air and light. Third door, at f right, swings open from either room.

4

Folding doors turn a master bedroom in twin quarters for two youngsters. Slide doo back, and the room functions as one larg play area. Close them, and each child has room of his own. Another door was added f two-room operation. Corner closets provid plenty of storage. Walls are covered wi blue-stained redwood lath.



Photograph: George de Gennaro. Architect: Richard Messenger. Source: Pauline Graves

Photograph: William Marr. Architect: Maurice Finegold, A.I.A. Source: Estelle Guralnick





Photograph: George de Gennaro. Architect: W. Ted Tyler, A.I.A. Source: Pauline Graves

Photograph: William Maris. Architect: Maurice Finegold, A.I.A. Source: Estelle Guralnick



Photograph: George de Gennaro. Architect: W. Ted Tyler, A.I.A. Source: Pauline Gra



1

How can you supply elegant lighting to an average-size dining room? Capitalizing on a low ceiling, this homeowner solved the problem by installing rheostat-controlled spotlights set in false ceiling beams. The beams, made with dimension lumber and decorative molding, add their own highlight.

2

Eight inches lower than the original ceiling, this new hallway overhead adds a spark of interest to an otherwise dull area. Texture 1-11 plywood panels, resting on 2x2 molding supports, hide the ceiling lights. The recessed lights shine through small burlap-covered holes trimmed with 1x1 molding.

3

Simple 2x2 and 2x8 moldings add style to a jail-like window. Three 2x2s attached to horizontal supports stretch the apparent vertical size of the window by nearly two feet. The new window design ties in with heavier timbers in the roof line. A bonus: the new facing also acts as an effective sunscreen.

4

Common lumberyard materials lend a cu tom finish to these underscaled bedroo windows. The striking carved panel design achieved by combining pieces of 1x4s wit one-inch decorative moldings. The extra wide shutters make the small windows mor compatible with the size of the dormer.

5

Rough-sawn cedar trim and trellis do wonder for a plain-Jane entryway. Trellis and su ports are made of 2x4s and moldings. Th original aluminum storm door remains, bu what a difference. It's painted a rich red, r fitted with opaque glass and covered wit dark-stained 1x2 strips of cedar.

6

A suspended ceiling like this one gives ar room a more intimate feeling. The droppe overhang is made of gypsum board with wood frame and hangs from steel suppo rods. Rheostat-controlled spotlights ad drama. Accenting the ceiling section is a bo beam frame of 1x4s and 1x8s.

Make yours a better home

DRAMATIZING

Photograph: George do Gennaro. Design: Lifestyle Homes, University Village



Photograph: George do Gennaro. Architect: W. Ted Tyler, A.I.A. Source: Pauline Graves





Photograph: David Jordan. Architect: Ralph Fournier, Inc., A.I.A. Source: Lois Rea



Photograph: Hedrich-Blessing. Architect: Ralph D. Anderson. Source: Jessie Walker

Make yours a better home

WORKING WALLS

Photographs: Fritz Taggart. Designer: Fritz Taggart. Source: Barbara Leno

1

This shelf and cabinet system is really a room full of furniture on a wall. It holds TV, stereo, books and accessories. Burlap-covered panels hide two narrow windows, or fold back. The unit is easy and inexpensive to build. It's made of No. 1 pine, common hardware and adhesive burlap strips.



2

These built-in shelves and cabinets turn an awkwardly high window into a showpiece. Rough-sawn 1x8s trim the ceiling lines; behind the boards, fluorescent lights add shadow depth to the entire wall. Plastic laminate covers the pine shelves; cabinet doors are cut-to-fit hardboard.

3

New storage space and wall-to-wall mirrors enhance this average-size bedroom. Space for the unit was borrowed from wall stud cavities. The wall studs are left undisturbed to serve as part of the shelf support system. Mirrors are hung on standard folding doors which work on aluminum tracks.

4

An alcove once occupied by a built-in bookshelf was turned into a stunning showcase for art with some burgundy paint and indirect lights. Below the painting, a glass shelf holds a few collectibles. Recessed lights are rheostat controlled to give the alcove proper light balance day or night.



5

Walnut-paneled shelves and touch-latch cabinets give an older fireplace wall a warm contemporary feeling. Overhead lights emphasize the art-display mantel alcove. Disguised stereo speakers are at each corner. A small glass-protected shelf at lower left is used as a chess set showcase.

Photograph: George de Gennaro. Architect: Chalfant Head, A.I.A. Source: Dorothy Campbe

Photograph: Bill Helms. Design sponsor: U.S. Plywood



Photograph: Mike Dieter. Designer: LeVoys. Source: Barbara Gorder





Photograph: David Jordan. Interior architects: Seligson and Eggen. Source: Elizabeth Lunt

Urban Orchards

You don't need to move to the country to have fruit trees. Because of recent improvements in dwarf varieties, you can grow apples, peaches, pears and cherries in very limited space. The fruit you get is as large, or larger than that produced by standard trees—and it is within reach, easy for anyone to pick. The trees, with their beautiful blossoms in early spring, are just right for close-to-the-house landscaping. Start action now by ordering trees for spring planting and join the ranks of urban fruit gardeners.

By Larry Grove, Associate Editor



Photo by Hopkins

Dwarf Stark Starlet peach trees are natural dwarfs, ideal for container growing on a patio where you can keep them to a three-foot height. In the ground, they'll reach four or five feet. Lush green foliage succeeds pink blossoms in early spring. Cover the blooms to protect them from late freeze. This is easy to do with dwarfs. For overwintering, wheel them into an unheated garage, or cover the soil and wrap thick insulation around the containers.



Double-dwarf spur-rich apple trees produce fragrant blossoms in spring and sweet fruit in the fall. These tiny six- to eight-foot trees provide welcome shade and screening for a patio. The yellow variety is Starkspur Golden Delicious, and the red one is Starkrimson Delicious. To get fruit on apple trees, you must plant two varieties. Of course, one will do if a neighbor has another. Then pollination is assured.



Here's the reason why the new spur-type apples are so productive. The apples are attached to short stubs. These fruit spurs develop in much greater numbers along branches than on standard trees. Mature dwarfs can produce up to a couple of bushels of apples per tree in a good season.





Starking Delicious dwarf pear makes a perfect espalier to fill the narrow space along a bare wall. It needs another variety for fruit to set. A few flowering branches will do. The horizontal limbs yield lots more fruit than vertical ones. Once this blight-resistant tree is trained, never allow new growth out of bounds. In June each year, cut off half of each new shoot that's 12 inches or longer. Later in summer, cut new growth back to the last two leaves on each shoot.

More on page 112

Do this if you don't like the View

By Morley B. Smith,
Crafts & Design Editor

Do you have a window that faces something you'd rather forget? Here are six ways you can block out that undesirable scene without sacrificing light, and you gain a decorating focal point at the same time. (Right) Transform an ordinary window with stained glass scraps and liquid steel. Your patient work will be rewarded with the interplay of color, texture and luminosity typical of stained glass designs.



Stained glass

Buy glass scraps from stained glass dealers or create your own by applying stained glass paint to window glass. You'll also need clear plastic cement and some tubes of liquid steel. These are available in most shops that carry craft supplies.

You can apply stained glass to window or to a piece of ¼-inch clear plastic cut to window size. You may prefer using the plastic, since it's easier to work on and can be taken along if you move.

Measure the window opening carefully before having the plastic cut. You can replace the original window glass with the plastic by reglazing. Or you can set the plastic over the window and nail quarter-round molding over the edges. A more elaborate frame can be made of solid lumber, then hinged to the window frame.

1. Remove paper from both sides of the plastic, then clean plastic with mild soap and water. Rinse thoroughly. Lay plastic on a clean, smooth horizontal surface.

2. Wash and dry stained glass, put it in a cardboard box and cover with brown paper. Break glass with a hammer.

3. Arranging the glass fragments on the background is like doing a nonobjective jigsaw puzzle. You can't fit the pieces together exactly, but try to keep the cracks between them as unifo as possible. Discard min pieces of glass; these won't sh up and may be drowned in liquid steel. As you create y design, vary the sizes and col of glass. If working directly window panes, tape stained gl on to check design. If worki on plastic, leave a ½-inch m gin around all outer edges fit into a frame.

4. When you achieve a desi you like, put each piece in pl with cement and let dry.

5. Squeeze liquid steel betw glass pieces, making sure y seal all cracks. Let dry. The tu is easier to squeeze if you brie immerse it with cap on in h water.

Make something decorative out of things you'd otherwise throw away. We used the tops from cans and bottles to create a three-dimensional window hanging.



a small window, a tissue er collage is simple and in- ensive. You apply your spontaneous gn directly to the window.



Photographs: Hopkins

sue paper

get started, you'll need white e, an inexpensive paintbrush l tissue paper.

Tear or cut the tissue paper o uneven strips or pieces.

Dilute glue in water so it be- nes one part glue to 6-8 parts ter. The more water added, more the tissue colors will nd.

Tissue dyes may discolor your ndow frame, so mask that a with tape.

Brush glue mixture onto glass ere you intend to place a ce of tissue. Put tissue on it l brush glue over tissue. Keep ding tissue while collage is wet il the design is done.

If you're doing an all-over design such as the plaid we've shown, let tissue strips lap over edges of glass to allow for shrinkage after drying.

To duplicate the clear strips in our design, put masking tape over glass before applying tissue or glue. When design is dry, remove tape by cutting it with a model knife along the edges.

5. After design is done, add an overall coat of glue and let dry. The collage can be removed by dampening it and scraping it off with a single-edged razor blade.

Can-lid hanging

You can choose from many lightweight objects such as small cans, plastic foam cups, packing material and wood scraps.

We attached the tops to ¼-inch smoke-colored transparent plastic. If you prefer a more opaque background, buy fiber glass sheeting or translucent plastic.

1. Have the plastic cut one inch larger than the window frame on all sides. Sand edges with 80 grit sandpaper, then with wet-or-dry 220 and 400 grit sandpaper. Apply a fine grit buffing wheel and polish the edges.

2. Drill holes in plastic about the depth of one link for inserting chandelier chain. If using a standard twist drill bit, drill slowly to avoid chipping. Remove paper from both sides of plastic and clean with mild soap and water.

3. Wash off any stamped prices on lids with kitchen cleanser or scouring powder.

4. Paint lids with flat latex paint. Add a few drops of dishwashing detergent to paint to help it adhere to lids. Two or three coats will cover, depending on color of lids and paint. We've shown white lids on a dark background, but you may want to reverse that or paint the lids bright colors inside and out.

5. Arrange lids on plastic in desired pattern. Attach either top or bottom of lid to plastic with clear plastic cement.

6. Attach strong chandelier chain to plastic and hang design directly in front of windowsill.

Continued

View

Continued

Bright yarn strung between curtain rods can make a window worth looking at regardless of the view. This simple project requires no special know-how or expensive materials.



Designer: Mary Lou Stribling

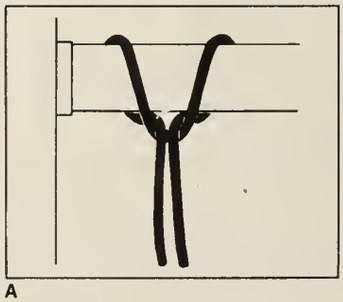
Yarn treatment

Several skeins of rug yarn, two ⅜-inch solid round curtain rods and barrel-type brackets are all you'll need.

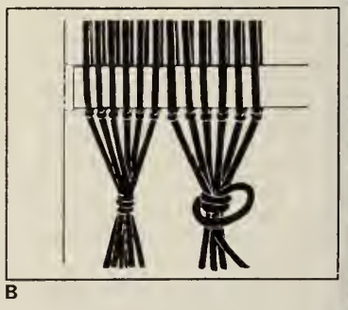
1. Set top rod in window frame. Position rod so top of brackets touches the top of the frame. Place bottom rod in window frame six to nine inches from sill.

2. Cut yarn into strands double the length of the window plus six inches. Fold each strand and tie over the top rod. Draw ends of yarn through loop and pull to tighten. (SKETCH A)

3. Push strands close together until rod is filled. Pull each pair of strands taut, with one strand in front and the other behind the bottom rod. Tie directly under the rod in a double knot, but not too tightly or rods will buckle permanently.



A



B

4. Divide the bottom fringe into equal segments from two to three inches wide and tie into tassels. (SKETCH B) Choose one color of yarn for all the knots. When tassels are tied, trim ends.

Almost any kind of flat natural material such as leaves, weeds and butterflies will make a good arrangement for a window like this. You'll also need a five-pound box of powdered borax and translucent adhesive plastic.

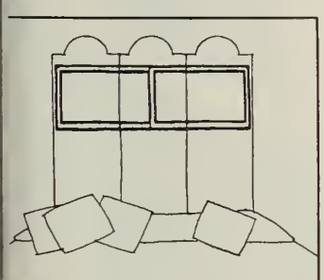


ere's a double-purpose solution r high bedroom windows. We amed caning and let it perform e duties of headboard and window eatment.



Buying information, page 113

Designer: Marjorie Noyes



aning headboard

Materials needed: 1x2s, 1x3s. -inch plywood, rolled caning. eer curtain fabric, paint.

Divide width of bed into ree equal parts. Make a pattern for top section on plywood. Cut this section from one piece of plywood with a saber saw.

2. The two center strips are 1x3s that are saw-kerfed to appear divided. The outer strips and bottom are 1x2s.

3. Glue frame together and attach with corrugated fasteners on one side only. Paint frame and let dry.

4. Place frame on flat surface with corrugated fasteners facing you. Lay caning over frame and staple on. Trim off excess caning. Staple on sheer fabric over the caning. Now you're ready to attach the frame to the bed.

Nature window

1. Pour an inch of borax into a box and arrange natural materials on it, with leaves and petals in their normal positions. Gently pour a few inches of borax over the material and close the box. Let dry several days, checking occasionally to prevent over-drying.

2. Cut plastic into sections to fit the window, allowing two pieces per section. Peel protective paper off one section at a time and arrange dried material on the adhesive side. When finished, press down on the material to anchor it.

3. Peel down about one inch from the top of another piece of plastic. Carefully fit the adhesive side to the top of the other adhesive side already covered with an arrangement.

Slowly pull the protective sheet off with one hand while smoothing the sheets together with the other hand. When the two adhesive sides finally join, the bond will be permanent. Remove any air bubbles with your hand or a roller.

4. Tape plastic to glass or fasten it to the window frame with screen molding. Or frame plastic and hang in front of window.



CHICKEN-READY FOR COMPANY

By Doris Eby, Food Editor and Patricia Pollock, Associate

Choose prepacked chicken parts for your next dinner party and dress them up with a wine sauce, a vegetable stuffing or a puff-pastry wrapping. You buy only the pieces you'll need. **CHICKEN CHASSEUR** (left) is for drumstick fans. You simmer the browned chicken pieces in a delicate wine broth till tender. Then add fresh sliced mushrooms and diced tomatoes to the sauce for savor. Dry white wine makes a grand dinner partner. **VEGETABLE-STUFFED CHICKEN BREASTS** (top right) are for the backyard barbecue chef. Toss whole kernel corn, onion and celery with herb-seasoned stuffing mix. Tuck some into each breast, then close tightly. Insert a flat-sided skewer through each roll-up to turn easily over the medium-hot coals. **CHICKEN VOL-AU-VENT** (bottom right) is a variant of the French classic. Roll the frozen patty shell dough flat, top with boned cooked chicken thighs and mushroom sauce, pinch closed and bake till puffy. For a special flavor combination, stuff a pork sausage link in each chicken thigh where the bone was removed.

Recipes begin on page 90





Photographs: Sladcik

Buying information, page 113





Photographs: Sladcik

CHICKEN-ALWAYS A BARGAIN

These three recipes take advantage of one of the lowest priced chickens available—the whole broiler-fryer. If chicken is a family favorite, try these variations on the thrifty bird. **CHICKEN IN A POT** (top left) is low in cost and calories. Long, slow cooking without fat in a special ceramic chicken pot keeps meat moist and flavorful. Give the bird an herb rub, then fit snugly into the foil-lined pot for crispy browned skin.

BATTER-FRIED CHICKEN (bottom left) is a real old-time treat. To stretch the budget, buy a whole broiler-fryer, cut it up yourself and precook it slightly. Dip pieces in the easy-to-make pancake mix batter and deep fry till hot and golden. Pass homemade biscuits and honey to keep up the Southern tradition.

SMOKY CHICKEN ROASTS (right) are done on the barbecue. You'll need a grill with a hood and plenty of damp hickory chips. Brush the spit-mounted birds with oil and lemon juice and lower the hood. The succulent chickens tend themselves while you relax with your family.

Recipes begin on page 91





ASPARAGUS-A SPRING-TENDER TREAT

ASPARAGUS-TOMATO SKILLET (rear) teams two garden favorites: bias-cut asparagus spears and juicy tomato wedges quick-cooked in tangy bacon-onion sauce.

CURRIED ASPARAGUS STICKS (front) look special, and they are. The tender spears have a curried bread-crumb coating. To serve individual bundles, tuck spears through perky green pepper rings.

ASPARAGUS DIVAN (right) sports a lemony topper you make in a wink. Just fold together canned hollandaise and whipped topping; run the dish under the broiler and serve.

Recipes begin on page 92

Photographs: Hopkins



STRAWBERRIES—SPECIAL IN SALADS

BERRY-APRICOT MOLD (rear) will serve ten easily for a party. Slices of strawberries and bits of apricots shimmer in the lemon-apricot gelatin. **SNOWY STRAWBERRY SQUARES** (front) starts with whipped dessert mix. You add mayonnaise, strawberries, pineapple and walnuts, then fold in whipped cream before freezing. **STRAWBERRY YOGURT MEDLEY** (right) is double good with fresh strawberries in the fruit mixture and strawberry yogurt in the fluffy whipped cream cheese dressing.

Recipes on page 94

Photographs: Snook



RHUBARB-DELECTABLE FOR DESSERT





RHUBABA (left) is a tart-sweet upside-down cake with a difference. You flavor the chopped fresh rhubarb with a little dry sherry before baking it beneath the tender sponge cake. Garnish with clusters of blanched almonds and curls of lemon peel. Even if you think you're not a rhubarb devotee, one bite of this may make you a convert.

RHUBARB AND CHERRY PIE (top right). Slice bright stalks of fresh rhubarb and team them with canned tart red cherries for a winning combination. Cover the rosy pie filling with tender-flaky lattice pastry to make this delight look even tastier. Dessert fans, this one is for you.

RHUBARB KUCHEN A LA MODE (bottom right) is just the thing to serve your card club. But if your family sees it first, you may have to make a second batch. Toss rhubarb slices with dry strawberry-flavored gelatin mix and spoon into a rich crust. Add a sprinkle of butter crumb topper to complete the kuchen. Serve with a scoop of vanilla ice cream and cinnamon-sparked hot coffee.

Recipes begin on page 94



STEAK TARTAR

A classic, with variations

By Joan McCloskey, Associate Food Editor

You can thank the barbarians for one of today's most popular first courses. Steak tartar is said to have originated with Genghis Khan's warriors in the 12th century. In later years it was a favorite of noblemen at pre-hunt breakfasts.

Serve the classic version and let guests experiment with a choice of accompaniments. Or try these two variations: covered with sour cream and caviar, or stuffed in celery sticks.

Classic Steak Tartar

Be sure the individual patties are well-chilled at serving time—

1 pound lean ground sirloin or round steak
6 egg yolks
½ cup chopped onion
1 2-ounce can anchovy fillets, drained and cut up
¼ cup snipped parsley
1 lemon, cut in wedges
Drained capers
Chopped gherkins
Prepared or freshly grated horseradish
Freshly ground pepper
Salt
Paprika
Bottled hot pepper sauce
Worcestershire sauce
Buttered toast

Divide uncooked ground meat into 6 portions; shape into mounded patties on chilled plates. Make an indentation in center of each patty; place an egg yolk in each. Serve remaining ingredients alongside meat or in individual bowls in center of table. Each guest stirs the seasonings into his patty to suit his own taste. Makes 6 servings.

Steak Tartar on a Stick

A good way to introduce tartar to your more timid friends—

½ pound lean ground sirloin or round steak
½ teaspoon salt
⅛ teaspoon freshly ground pepper
Celery sticks
¼ cup thinly sliced green onion
Snipped parsley

In bowl, combine uncooked ground meat, salt and pepper. Spread in celery sticks. Top with sliced green onion and parsley. Cover and chill. Makes 1 cup meat mixture.

Russian Steak Tartar

Excellent appetizer you can make ahead for a large party—

½ pound lean ground sirloin or round steak
¼ cup finely chopped onion
½ teaspoon worcestershire sauce
¼ teaspoon salt
⅛ teaspoon freshly ground pepper
½ cup dairy sour cream
1 2-ounce jar red caviar
2 tablespoons snipped parsley

In bowl, thoroughly mix uncooked ground meat, onion, worcestershire, salt and pepper. Shape into loaf 6 inches long. Frost with sour cream; cover with caviar and parsley. Serve with buttered party rye toast. Makes about 1½ cups.

Buying information, page 113

Photographs: Dieter







The difference between a cold sandwich and a hot lunch is about 5 minutes.

minutes to lunchtime is time ugh to open and heat a can of npbell's Tomato Soup. While you're ing the sandwich and setting out milk and fruit, your soup is heating on the stove. In minutes you're ready to savor the sunny taste of fresh tomatoes with a touch of real butter. It's the taste that's made Campbell's Tomato America's best-selling soup. Set a mug of Campbell's Tomato Soup next to a sandwich and taste the difference. Campbell's Soup gets a cold sandwich off to a good hot start.

M'm! M'm! Good!



Parmesan Omelet

The lightest of omelets topped with a velvety cheddar sauce—



4 egg yolks
4 egg whites
¼ cup grated parmesan cheese
1 tablespoon butter or margarine

Beat egg yolks till thick and lemon-colored; wash and dry beaters. Beat egg whites till frothy; add ¼ cup water and beat till stiff but not dry. Fold yolk mixture into whites. Sprinkle parmesan cheese over egg mixture; fold in gently. Melt butter or margarine in 10-inch oven-proof skillet; heat till sizzling hot. Pour in the egg mixture. Reduce heat; cook slowly for about 5 minutes, till egg mixture is puffed and golden on bottom. Bake in 325° oven for 6 to 8 minutes or till knife inserted just off-center comes out clean.

Loosen sides of omelet with spatula. Make shallow crease across omelet at right angles to skillet handle, just above center. Slip spatula under large half near handle. Tip omelet onto heated platter. Spoon on *Cheddar Cheese Sauce:* In small saucepan, melt 4 teaspoons butter or margarine. Blend in 4 teaspoons all-purpose flour and dash salt. Add ¾ cup milk all at once. Cook, stirring constantly, till thickened. Remove from heat; add ¾ cup shredded cheddar cheese (3 ounces). Stir to melt; serve immediately. Makes 2 to 3 servings.

Golden cheese entrees

Usually you think of cheese as the finale of a meal, atop a pie or alongside fruit. But here it's the main attraction and what could be tastier?

Onion Swiss Pie

A delectable dish for either a brunch or supper—

1 cup finely crushed saltine crackers (26 crackers)
4 tablespoons butter or margarine, melted
6 slices bacon
1 cup chopped onion
8 ounces natural Swiss cheese, shredded (2 cups)
¾ cup dairy sour cream
2 slightly beaten eggs
Dash pepper
2 ounces sharp process American cheese, shredded (½ cup)

Combine cracker crumbs and butter or margarine; press onto bottom and sides of 9-inch pie plate. In skillet, cook bacon till crisp; drain on paper toweling and crumble. Pour off all but 2 tablespoons bacon fat; add onion to same skillet and cook till tender but not brown. Combine the crumbled bacon, onion, Swiss cheese, sour cream, eggs, and pepper. Pour into cracker shell. Bake in 375° oven for 30 minutes, or till knife inserted just off-center comes out clean. Sprinkle the American cheese atop pie; bake 2 to 3 minutes longer or till cheese melts. Let stand 10 minutes before serving. Makes 6 to 8 servings.



Photographs: Scott

How to turn Cool Whip® nto creamy strawberry pie.



Here's a cream pie that's rich and delicious, yet surprisingly light. Because it uses non-dairy Cool Whip as a basic ingredient—not just as a topping. And Cool Whip has a great natural taste that never lets you down. Whether it's on top. Or bottom. Or in between.

Creamy Strawberry Pie

- 1½ cups cold milk
- 1 package (4-serving size) Jell-O® Vanilla Instant Pudding
- 2 cups (or one 4½-ounce container) Birds Eye® Cool Whip® non-dairy whipped topping, thawed
- 1 cup fresh strawberries, quartered
- 1 baked 9-inch pie shell, cooled
- 1 cup fresh whole strawberries

Pour milk into bowl. Add pudding mix. Slowly beat with rotary beater or at low speed of electric mixer until well blended—1 to 2 minutes. Blend in ½ cup Cool Whip. Fold in quartered strawberries. Pour into pie shell. Chill. Top with remaining Cool Whip and garnish with whole strawberries.

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Dig into a Sunkist orange.



Come back to your senses. Sunkist.



Photographs: Dieter

FAST VEGETABLE SALADS

Greens and Bean Salad

The bean marinade also serves as the dressing for this tasty top prize-winner in the fast vegetable salad category—

½ cup salad oil
2 tablespoons vinegar
¾ teaspoon salt
¾ teaspoon sugar
¼ teaspoon celery seed
¼ teaspoon paprika
1 16-ounce can (2 cups) cut green beans, drained
4 cups torn lettuce
2 cups torn fresh spinach
1 cup (4 ounces) shredded natural Swiss cheese

In screw-top jar, combine oil, vinegar, salt, sugar, celery seed and paprika; cover and shake to mix well. Marinate green beans in oil mixture in refrigerator at least 2 hours. Just before serving, drain the beans reserving the marinade. Toss beans with the lettuce, spinach and Swiss cheese. Add reserved marinade and toss to coat. Makes 4 to 6 servings.

—Mrs. James Kawa, Columbia, Mo.

Cut along dotted line



Buying information, page 113

FANCY VEGETABLE SALADS

Gourmet Asparagus Salad

Individual salads rate Fancy Cook-of-the-Month honors—

1 10-ounce package frozen asparagus spears
1 15-ounce can artichoke hearts, drained and halved
⅓ cup olive oil or salad oil
¼ cup lemon juice
1 clove garlic, halved
½ teaspoon salt
4 lettuce cups
¼ cup sliced ripe olive

Cook asparagus according to package directions; drain. In mixing bowl, combine asparagus and artichokes; sprinkle with a little freshly ground pepper. Thoroughly combine olive oil, lemon juice, garlic and salt; pour over vegetables. Cover and chill several hours, tossing once or twice. Drain and remove garlic. Arrange vegetables in lettuce cups; top with ripe olive slices to serve. Makes 4 servings.

Mrs. I. S. Marroquin, Jr., Liberty Tex.

Better Homes NEW COOK BOOK

PRIZE TESTED RECIPES
ADD TO YOUR COOK BOOK



Green Goddess Molds

Elegant yet easy—

1 3-ounce package lemon-flavored gelatin
2 chicken bouillon cubes
1 cup boiling water
½ cup cold water
½ cup green goddess salad dressing
1 tablespoon lemon juice
1 14½-ounce can cut asparagus, drained
½ cup diced celery
2 tablespoons finely chopped green pepper

Dissolve gelatin and bouillon cubes in boiling water. Add cold water, green goddess dressing and lemon juice, beating with rotary beater till smooth. Chill till partially set. Fold in asparagus, celery and green pepper. Turn into six ½-cup individual molds. Chill till firm. Makes 6 servings.

Andrea H. Laidlaw
Ann Arbor, Mich.



Vegetable Dill Combo

A six-vegetable salad that's great with roast turkey—

¼ cup creamy French salad dressing
¼ cup mayonnaise or salad dressing
2 tablespoons chili sauce
2 teaspoons lemon juice
1¼ teaspoons salt
1 teaspoon dried dillweed
⅛ teaspoon pepper
1½ cups diced carrot, cooked and drained
½ small head cauliflower, sliced, cooked and drained (1½ cups)
1 9-ounce package frozen peas, cooked and drained
1 9-ounce package frozen Italian green beans, cooked and drained
½ cup chopped celery
¼ cup chopped onion

Blend together French dressing, mayonnaise, chili sauce, lemon juice, salt, dillweed and pepper. Chill several hours or overnight. Arrange vegetables in large bowl. Add dressing; toss to coat. Makes 8 to 10 servings.

Judith S. Conklin
Fountain Valley, Calif.



Dutch Boy Lettuce

Tangy "wilted" lettuce that will become a family favorite—

4 slices bacon
1 slightly beaten egg
⅓ cup dairy sour cream
¼ cup vinegar
2 tablespoons sugar
Dash salt
½ head lettuce, torn (3 cups)
1 bunch (½ pound) spinach, torn (6 cups)
3 to 4 green onions, sliced

In large skillet, cook bacon till crisp. Drain bacon, reserving 1 tablespoon drippings in skillet; crumble bacon and set aside. Combine egg, sour cream, vinegar, sugar and salt; stir into reserved drippings. Cook and stir till thickened. Add lettuce, spinach and onion, tossing till coated. Serve immediately. Makes 8 to 10 servings.

Mrs. James T. Hosking
San Jose, Calif.



Beet Perfection Salad

A colorful salad that's great for a dinner buffet—

2 envelopes (2 tablespoons) unflavored gelatin
½ cup sugar
½ teaspoon salt
1 16-ounce can (2 cups) shoestring beets
2 cups cold water
½ cup vinegar
2 teaspoons prepared horseradish
2 cups finely chopped cabbage

In saucepan, combine gelatin, sugar and salt. Drain beets, reserving liquid (about 1 cup). Blend beet liquid into gelatin mixture; stir over medium heat till gelatin is dissolved. Remove from heat; add water, vinegar and horseradish. Chill till partially set; fold in drained beets and cabbage. Turn into 5½-cup ring mold; chill till firm. Unmold onto salad greens or cabbage leaves. Serve with mayonnaise, if desired. Makes 10 to 12 servings.

Ruby S. Sayler, Garrison, N.D.

w to up a cken

a whole broiler-fryer will a money every time. To he bird the professional llow these easy step-by-ections.



skin between thigh and grasp leg in your hand; l the hip is free.



ve leg and thigh by cut-ween joint close to bone of bird.



e knee joint by bending nd leg together. Cut this joint to separate id leg. If desired, keep id leg in one piece.



Photographs: Scott

move wing from body, oint by bending wing art cutting on inside of st over the joint. Cut rough joint to separate.

le the body by placing neck end and cutting east end of the ribs to k. Separate the breast section, cutting through ts. Bend back piece in break at joint; cut with sharp knife.



6. If breast is not to be boned, cut in two just below breast-bone. To bone the breast, cut through white cartilage at V of neck. Grasp small bones on either side of breast. Bend each side back; push up with fingers to snap out breastbone.



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shaver, purchase must be made between April 26 and im must be postmarked on or before June 21, 1971. Limit: r good only in the continental United States, Hawaii and rohibited, taxed or restricted by law. Allow 30 days for de-ly Sunbeam Shaver.

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Know your sauces

Are espagnole, bordelaise, diable and chaud-froid part of your cooking and/or eating-out vocabulary? If not, read on to get acquainted with these and other sauces that can add flair to your meals.

The "sauces mères," or mother sauces, from which most of the other sauces are derived, include the following: 1) sauce espagnole and velouté, both made from stock, 2) the basic white sauce, sauce béchamel, 3) two basic emulsified sauces, hollandaise and mayonnaise, and 4) vinaigrette or oil and vinegar sauces.

SAUCE ESPAGNOLE

This sauce is a brown sauce, composed of a roux (a mixture of melted fat and flour), a little white wine, and a meat stock, and is flavored with vegetables. Tomatoes may be added in its later stages of preparation. Some of the sauces based on sauce espagnole include:

Bordelaise—Red wine is boiled vigorously to reduce its volume, then added to a brown sauce (without tomatoes) with shallots or small mild onions. This sauce makes an excellent accompaniment for roast beef.

Diable—White wine, vinegar, catsup and cayenne added to the espagnole make this a fiery sauce. It is used to flavor liver and veal chops.

Duxelle—This sauce of white wine, tomato puree, sautéed chopped mushrooms, seasonings and the espagnole is tasty with fish, poultry, meat and egg dishes.

Piquant—Vinegar, spices and chopped gherkins are added to the espagnole. The result is a lively sauce that's excellent with lamb and other meats which are receptive to sharply contrasting flavors.

SAUCE VELOUTE´

This sauce is like espagnole except the roux is not browned. Veal, chicken or fish stock is often used. Some sauces derived from velouté are:

Allemande or Parisienne—The velouté sauce made from chicken stock is enriched with cream and egg yolks.

Chaud-froid — This includes sauces made from either velouté or espagnole with unflavored gelatin and cream added. These mild sauces are first cooked and then cooled, as the French name indicates. Then they're spooned over fish, meat, or vegetables and chilled to set the coating completely.

BÉCHAMEL SAUCE

This is the classic white sa made with milk and a wh roux. Cream is often added make a richer sauce. A variations are:

Caper sauce—Adding cap to the béchamel makes a d cious sauce for boiled la and fish.

Sauce mornay—Grated che and cream are added to basic béchamel sauce. Se this tasty sauce with fish, m and poultry.

Véronique—A sauce of béc mel, cream, seasonings a white grapes. Serve with and chicken or as a chaud-fr

EMULSIFIED SAUCES

These are created with an em sion of egg yolks and fat.

Hollandaise—A sauce m from egg yolks, butter, len juice or vinegar and seas ings. The trick is heating i the emulsion breaks eas when improperly cooked. electric blender aids in stabi ing the emulsion in a quick v sion of hollandaise. Use holl daise with eggs, vegetab veal, fish and seafood.

Béarnaise—This is hollanda sauce with white wine vine or wine, shallots and tarrag Use it to sauce fish, beef ste liver and lamb.

Mousseline—A sauce tha half whipped cream, half h landaise. Serve with aspa gus, fish and chicken.

Mayonnaise—Unlike holl daise, this is an uncooked em sified sauce of egg yolks, lemon juice or vinegar a seasonings. It is the most u versally used sauce and many variations.

Aïoli—Garlic cloves which ha been crushed with a garlic pr are added to the mayonnai Use it to complement seafo

Remoulade—A blend of m onnaise, mustard, chopped gh kins, capers, herbs and anch vies. This zippy sauce is m often served with cold meat a fried fish.

Verte—Chopped spinach a herbs which have been blanch and rubbed through a sieve added to mayonnaise to ma a green sauce.

Louis Dressing—An Americ invention, it is mayonnaise w garlic, chili sauce and her

VINAIGRETTE SAUCES

These sauces are composed oil, vinegar, salt and pepp and are really a clear Fren dressing. Use on salads, c meats and vegetables. ■

to buy and
e chicken

UYMANSHIP

family prefers either light meat, choose arts: drumsticks, wings, breasts. But you'll be premium for these parts the prepackaging. A rd costs less than one ut up.

e among the types of according to how you prepare it.

yer: A young, tender ighing 1½ to 3½ Roast, simmer, bake, or broil this bird.

A large, desexed rooster 4 to 7 pounds. This a large amount of white l is usually roasted.

A young, tender bird 3½ to 5 pounds. Roast.

chicken: A mature, less rd weighing 2½ to 5 nd with more fat than irds. Cook in large of liquid.

game hen: The smallest of the chicken family 1½ pounds or less. oil or fry.

or USDA grades and in- marks on the label, wing tag or package The round inspection an assurance that the processed under sani- ditions and is whole- is required on all poul- orted across state lines. A, B and C appear in a aped mark indicating ut are not required by aw.

e chicken with a white (not gray) skin that is st and tender. Feel the see that it's plump and astbone should be soft.

STORAGE

icken should be refrig- soon as possible after . Remove wrappings ts and cover bird loose- waxed paper or clear rap. Store giblets sep- Use within two days. nger storage, again re- wrappings and giblets. hole, halved or cut-up moisture-vaporproof material; wrap giblets y. Seal, label and freeze. uncooked chicken will to 12 months. Never uncooked stuffed bird; freeze thawed poultry. chicken is usually efore cooking. It can be r stewed without thaw- tra time is allowed.

chicken in the original proof wrapping in the tor. Or, hasten thawing g wrapped bird in a pan tap water to cover; water after an hour. A whole 3-pound chicken will thaw in about 12 hours in the refrigerator, or in 1 to 1½ hours in water bath. Refrigerate bird if not used immediately. Use within 24 hours.

Chill leftover chicken immediately and use within one to two days. It can be frozen for two to four months if wrapped properly. Freeze broth or gravy separately; save space by removing meat from bones. Don't chop the meat, however, till ready to use. Don't freeze deep fried chicken.

Amount to buy for one serving	
Broiler-fryer	¼ to ½ bird
Capon, roaster, stewing	8 ounces
Cornish game hen	1 bird
Breast halves	5 to 6 ounces
Drumsticks or thighs	6 to 8 ounces
Wings	12 ounces
Backs	14 to 15 ounces

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oups you serve cold!

u can liven up your springtime menus h an icy soup for a first course or an en- meal—and here are three ways you prove it. Try chilling a creamy canned p, too, for a cool treat.



lled Cream of Tomato Soup

quick and easy cool one that starts with ato juice—

ups tomato juice
up milk
teaspoons sugar
teaspoon salt
teaspoon celery alt
½ teaspoon grated onion
½ teaspoon worcestershire sauce

mbine tomato juice, milk, sugar, salt, ery salt, onion and worcestershire; ll. Serve in mugs. Use cucumber sticks stirrers or top each serving with pped chives. Makes 4 to 6 servings.



am of Avocado Soup

low with a light entree—

rge or 3 small avocados, mashed (2 cups)
ups light cream
3¾-ounce can (1¾ cups) hicken broth
1 tablespoon lemon juice
½ teaspoon salt
Dash pepper
Dried dillweed

mbine avocado, cream, chicken broth, ion juice, salt and pepper. Stir till oth. (Or place all ingredients in blend- container; cover and blend till smooth.) ill 5 to 6 hours. Garnish each serving h dillweed. Makes 8 to 10 servings.

Photographs: Scott



eet Fruit Soup

sweet Scandinarian classic—

ups water
cup pitted runes
cup raisins
nedium apples, ared, cored and liced (2 cups)
¾-ounce can about 1 cup) itted dark sweet herries
1 medium orange, peeled and sliced
1 medium lemon, peeled and sliced
¾ cup sugar
¼ cup quick-cooking tapioca
2 inches stick cinnamon
Dash salt
2 cups grape juice

saucepan, combine water, prunes and sins. Bring to boiling; reduce heat and mer, covered, for 10 minutes. Add its, sugar, tapioca, cinnamon and salt. mer, covered, for 12 to 15 minutes or apples are tender and mixture is slight- thickened. Stir in grape juice. Chill. kes 8 servings.

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Win money for your recipes



FAST AND FANCY HOLIDAY DESSERTS

WE'RE INTERESTED IN FAST AND FANCY DESSERTS—the kind you serve on holidays. Send us your favorite recipe today and you could be a prizewinner. Two Cooks-of-the-Month receive $50 each. Four Runners-up receive $25 each, and 12 Honor Roll winners get $10 each. Selected winning recipes will be pictured on the Prize Tested Recipes pages next December. All 18 winners receive a framed Better Homes and Gardens Certificate of Endorsement and six copies of the endorsed recipe.

Hints to Help You

Fast Holiday Desserts: What's your easy and speedy fix-up with dessert mixes? Maybe you have a shortcut method to a freezer dessert. Do you use canned or frozen fruits for sauces? Hints:
eggnog pudding
cranberry-nut dumplings
Christmas cobbler
mincemeat-apple tarts

Fancy Holiday Desserts might be your heirloom yuletide favorite. Do you have a torte or steamed pudding that's made for the holidays? Your best might be a flaming dessert. Ideas:
melba-sauced compote
pumpkin cheesecake
brandied eggnog squares
sherried cherry parfaits

Contest Rules

1. Write or type your recipe clearly on one side of the paper and mark it "December Fast Holiday Desserts" or "December Fancy Holiday Desserts." If you wish, send a recipe for each of the two categories.
2. Print your full name and address in upper right corner of paper.
3. Give measurements in level cups, tablespoons, teaspoons.
4. Specify brand names of the nationally known food products you use as ingredients so we can test your recipe with the same brands.
5. Include 50 to 100 words about the origin of the recipe you submit.
6. Recipes submitted become property of Meredith Corp.
7. Entries must be postmarked by midnight May 31. In cases where duplicate recipes are submitted, the one with the earliest postmark will be judged. All judges' decisions will be final.
8. We reserve the right to adjust and edit winning recipes.
9. Address the recipes you enter to 7105 Test Kitchen, Better Homes and Gardens, Des Moines, Iowa 50303.

THIS MONTH'S WINNERS

(See recipes on pages 77 and 78.)

Cooks-of-the-Month

Mrs. James Kawa, Columbia, Mo.
Mrs. I. S. Marroquin, Jr., Liberty, Tex.

Runners-up

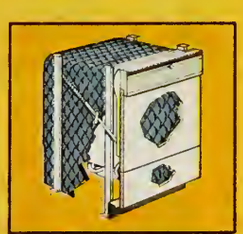
Judith S. Conklin, Fountain Valley, Calif.
Mrs. James T. Hosking, San Jose, Calif.
Andrea H. Laidlaw, Ann Arbor, Mich.
Ruby S. Sayler, Garrison, N. Dak.

Honor Roll

Mrs. William J. Dale, Jr., Silver Spring, Md.
Sister Mary Ephraim, Dubuque, Iowa
Mrs. John F. Finnegan, Minneota, Minn.
Mrs. W. Lester Graves, Rogers, Ark.
Mrs. Donald Lavers, Denver, Colo.
Mrs. Donald Leatherman, Ann Arbor, Mich.
Helen Porter, Johnstown, Pa.
Miss Phyllis Sills, Palm Springs, Calif.
Mrs. Joyce N. Stears, Romulus, Mich.
Mrs. Robert L. Stewart, Troy, Ohio
Mrs. Sally Switzer, Chicago, Ill.
Mrs. Joan Winkelman, Austin, Tex.

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back and service panel, and is even
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deluxe Hotpoint dishwashers. Like our
Sani-Cycle which assures the exact wa
temperature for proper washing and rinsing results. And our
lift-a-level rack. It easily adjusts so you can do big platters or pa
and tall glassware all in one load.

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Now you can make delicious Chocolate Chip Cookies for your kids. Easier than the ones you make from scratch.

With Jell-O® Pudding and this recipe you'll make a light cookie. A tender cookie. A cake-like cookie. And kids will love them. Just as they have always loved cookies. And Jell-O Pudding. America's favorite pudding. Try this recipe. You'll whip up one of the best batches of Chocolate Chip Cookies your kids have ever tasted.

CHOCOLATE CHIP PUDDING COOKIES

1 package (4-serving size) Jell-O® Vanilla Pudding and Pie Filling
or Jell-O® Vanilla Instant Pudding
1 cup all-purpose biscuit mix
1/4 cup vegetable shortening
1 egg, slightly beaten
3 tablespoons milk
1/2 cup Baker's® Semi-Sweet Chocolate Chips

Combine pudding mix and biscuit mix in a bowl. Cut in shortening until mixture resembles coarse meal. Add egg and milk; blend well. Stir in chips. Drop dough from teaspoon onto ungreased baking sheets. Bake at 375° for about 12 minutes, or until lightly browned. Remove from baking sheets and cool on racks. Makes about 2 dozen cookies. Store in covered container.

GF
GENERAL FOODS KITCHENS



JELL-O PUDDING. IT CAN BE COOKIES.

JELL-O AND BAKER'S ARE REGISTERED TRADEMARKS OF GENERAL FOODS CORPORATION

Chicken

Begins on page 64

Vegetable-stuffed Chicken Breasts

Individual servings are convenient to serve—

8 whole chicken breasts (3 pounds)
¼ cup chopped onion
¼ cup chopped celery
2 tablespoons butter or margarine
1 8¾-ounce can whole kernel corn, drained (1 cup)
1 cup herb-seasoned stuffing mix
1 slightly beaten egg
½ teaspoon poultry seasoning
¼ teaspoon salt
4 tablespoons butter or margarine, melted

Bone chicken breasts, keeping each in one piece and being careful not to remove skin. Sprinkle inside of chicken breasts with a little salt. In medium skillet, cook onion and celery in the 2 tablespoons butter or margarine till tender but not brown. Add corn, stuffing mix, egg, poultry seasoning and salt; toss till well mixed. Top each chicken breast with some of the corn mixture. Skewer or



tie each closed. Broil over medium-hot coals for 30 to 35 minutes or till meat is tender, turning frequently. Last 10 minutes cooking time, brush chicken breasts with the remaining butter. Makes 8 servings.

Chicken Chasseur

¼ cup all-purpose flour
1 teaspoon salt
¼ teaspoon dried oregano, crushed
⅛ teaspoon pepper
8 chicken drumsticks
3 tablespoons butter or margarine
⅔ cup dry white wine
1 tablespoon lemon juice
½ cup chopped onion
1 cup fresh mushrooms, sliced
1 tablespoon butter or margarine
2 medium tomatoes, peeled and diced
1 teaspoon sugar
¼ cup water

Blend together flour, salt, oregano and pepper. Set aside 1 tablespoon flour mixture; coat chicken with remaining mixture. In heavy skillet, brown chicken in the 3 tablespoons butter or margarine. Combine wine and lemon juice; pour over chicken. Add onion. Bring to boiling; reduce heat. Cover; cook over low heat for 40 to 45 minutes or till chicken is tender. Meanwhile, in small skillet, cook mushrooms in the 1 tablespoon butter till tender; drain. Remove chicken to platter; keep warm. Add mushrooms, tomatoes and sugar to wine mixture in skillet; cook till vegetables are tender, about 5 minutes. Blend together the reserved flour mixture and the water; add to sauce. Cook and stir till thickened and bubbly. Pour over chicken on serving platter. Makes 4 servings.

Chicken Vol-au-vent

Roll out frozen patty shell dough to make the flaky crust—

6 chicken thighs (about 1½ pounds)
2 tablespoons butter or margarine
1 chicken bouillon cube

And you thought Florida grapefruit was only for breakfast.

Buy a can or jar of Florida grapefruit sections and you're on the way to some of the smartest appetizers, zestiest salads, and most luscious desserts you've ever tasted. And so easy! All the peeling and sectioning have been done for you. For more recipes and diet plans, send name and address to Grapefruit, GF, P.O. Box 6066C, Orlando, Fla. 32802, with 25¢ in coin for postage and handling.



Molded Salad with Shrimp and Avocado

Drain juice from 1 quart grapefruit sections and add additional grapefruit juice to make 3 cups. Sprinkle 2 envelopes unflavored gelatine over 1 cup of the juice. Place over low heat; stir until gelatine dissolves. Add remaining 2 cups juice, ¼ cup sugar and ¼ teaspoon salt; chill until consistency of unbeaten egg white. Fold in drained grapefruit sections, 1 cup diced cooked shrimp, 1 cup diced avocado, 2 tablespoons chopped chives. Chill in 6-cup mold until firm.



Roast Beef Salad

Line salad bowl with lettuce leaves. Pile strips of roast beef in center; surround with grapefruit sections, sliced cucumber, and tomato wedges. Serve with French dressing.



Grapefruit Parfait

In tall parfait glass, alterna layers of grapefruit sectio melon balls, whipped crea orange sections and bana slices. Top with a spoonful whipped cream and sprin with chopped nuts.



Miami Fruit Mix

Arrange drained grapefruit sections and fresh fruit (grapes, melon balls, berries, etc.) on salad greens. Top with scoops of cottage cheese and serve with favorite dressing.



Tape Measure Salad

Arrange salad greens on lar bowl; place chunks of tuna center. Surround with cucumb slices, top with grapefruit s tions and garnish with sliced radishes. Serve with salad dressing.



Trout with Grapefruit Sections

Bake trout brushed with melted butter in 450°F. oven about 10 minutes, until fish flakes easily with a fork. Heat together ¼ cup butter, ¼ cup slivered almonds, 2 tablespoons grapefruit juice and 2 tablespoons chopped parsley to make sauce. Surround with grapefruit sections and pour sauce over all.



Spiced Fruit Bowl

Place ring of grapefruit sections around bowl. Make a ring of peeled orange slices towards center of bowl, fill center with halved strawberries. Sprinkle fruit with cinnamon and brown sugar. Chill until serving time.

SHAPE UP WITH GRAPEFRUIT FROM FLORIDA



½ cup hot water
3 tablespoons all-purpose flour
¼ teaspoon salt
¼ teaspoon paprika
Dash pepper
1 cup light cream
1 6-ounce can sliced mushrooms, drained
¼ cup dry white wine
6 brown-and-serve sausages
1 10-ounce package frozen patty shells, thawed (6 shells)

In medium skillet, brown chicken on both sides in butter or margarine. Dissolve bouillon cube in hot water; add to chicken. Cover and simmer for 20 to 30 minutes or till meat is tender. Remove chicken from broth; cool and remove bones carefully. Measure broth from skillet and add water to equal 1 cup liquid. Return to skillet. Combine flour, salt, paprika and pepper; stir in cream. Add to chicken broth; cook quickly, stirring constantly, till mixture thickens and bubbles. Stir in mushrooms and wine. Place a sausage in bone cavity of each chicken thigh. On lightly floured surface, roll each thawed patty shell to a 6-inch square. Place



stuffed thigh in center of each and top with 2 tablespoons of the mushroom sauce. Fold pastry over and seal center seam; fold ends to center and seal. Place, seam side down, in 13½x8¾x1¾-inch baking dish. Brush with a little additional cream and bake in 400° oven for 30 minutes or till golden brown. Heat remaining mushroom sauce to boiling; pass with chicken puffs. Makes 6 servings.

Chicken in a Pot

Use a glazed or unglazed ceramic chicken pot; very heavy or thick pots may require a longer baking time—

1 teaspoon salt
¼ teaspoon dried thyme, crushed
¼ teaspoon dried marjoram, crushed
¼ teaspoon celery salt
¼ teaspoon pepper
3-pound broiler-fryer

Season chicken pot, if necessary, according to manufacturer's directions. Combine salt, thyme, marjoram, celery salt and pep-



per; rub on chicken. Sprinkle cavity of bird with additional salt; truss. Line chicken pot with foil; add chicken, breast side up. Cover tightly and place in *cold* oven. Turn on oven at 400° and roast for 1½ hours or till meat is tender. Makes 4 servings.

Batter-fried Chicken

Pancake mix is a shortcut—

2- to 2½-pound broiler-fryer, cut up
1 cup pancake mix
½ teaspoon salt
¾ cup water
Cooking oil

Simmer chicken pieces in salted water for 20 minutes; drain.

Continued

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Chicken

Continued

Combine pancake mix and salt; stir in water. Beat 2 minutes to blend. Dip chicken pieces in batter; drain well on rack over waxed paper. Place a few pieces of chicken in wire basket; lower into deep hot fat (350°). Regulate heat so chicken cooks at 300° to 325°. Fry about 5 minutes or till golden. Drain. Repeat till all chicken is cooked. Makes 4 servings.

Smoky Chicken Roasts

Soak hickory chips in water; shake excess water off a few chips at a time and add to the medium coals—

2 2- to 2½-pound broiler-fryers
½ cup cooking oil
¼ cup lemon juice



Salt cavities of chickens, and mount on spit. Attach tisserie. Have medium c back of firebox and drip p der birds. Combine o lemon juice; brush on Lower hood and start rot Roast for 1½ hours, b frequently with lemon r and sprinkling coals wi hickory chips every 15 n Makes 6 servings.

Asparagus

Begins on page 68

Curried Asparagus Stic

1 pound fresh asparagus s
1 egg
2 tablespoons water
½ teaspoon curry powder
Dash salt
Dash white pepper
¾ to 1 cup fine dry bread crumbs
3 tablespoons butter or margarine
4 green pepper rings

In skillet, lay asparagus flat. Cook, covered, in amount of boiling salted just till tender, about 1 utes; drain. Beat togeth the 2 tablespoons water, t



ry, salt and pepper. Roll agus spears in crumbs; egg mixture and roll a crumbs. Brown slowly i skillet in butter or margar 5 to 8 minutes, turning sionally. To serve, m bundles by inserting spears through pepper Makes 4 servings.

Asparagus-Tomato Skill

3 slices bacon
¼ cup sliced green onion
3 tablespoons vinegar
1 tablespoon water
2 teaspoons sugar
¼ teaspoon salt
1½ pounds fresh asparag bias-cut in 1½-inch pie (3 cups)
2 medium tomatoes, cut i eighths

Continu

Now, for people who like whipped cream more than frosting, a frosting more like whipped cream.



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Asparagus

Continued

Cook bacon till crisp; drain and crumble, reserving the drippings. Add onion to drippings; cook till tender. Add bacon, vinegar, water, sugar and salt. Bring to boiling; add asparagus. Cover and cook 5 minutes. Add tomato wedges; cover and cook about 3 minutes or till heated through, spooning liquid over often. Makes 6 servings.

Asparagus Divan

Garnish with lemon wedges—

2 pounds asparagus spears, cooked and drained
3 hard-cooked eggs, sliced
1 8¾-ounce can ready-to-serve hollandaise sauce
¼ cup frozen whipped dessert topping, thawed
1 teaspoon lemon juice
1 teaspoon grated lemon peel

Arrange hot cooked asparagus in oven-proof dish. Top with egg slices. Blend together hollandaise sauce, whipped topping and lemon juice; spoon atop asparagus and eggs in dish. Broil 3 to 4 inches from heat for 6 to 8 minutes or till top is lightly browned. Sprinkle with lemon peel. Makes 6 to 8 servings.

Strawberries

Begins on page 69

Snowy Strawberry Squares

You might like to use strawberry whipped dessert mix in place of the vanilla—

1 3½-ounce package vanilla whipped dessert mix
Milk
2 cups strawberries, mashed
1 8¾-ounce can crushed pineapple, drained
¼ cup chopped walnuts
2 tablespoons mayonnaise or salad dressing
½ cup whipping cream
4 drops red food coloring (optional)

Prepare dessert mix according to package directions, except use all milk in place of water and milk called for on package. Gently stir in mashed berries, pineapple, nuts and mayonnaise. Whip cream; fold into mixture along with food coloring. Turn into 9x9x2-inch pan. Freeze. To serve, cut into squares and place on lettuce-lined plates. Top each serving with more chopped walnuts, if desired. Makes 8 to 10 servings.

Berry Apricot Mold

1 8¾-ounce can (1 cup) unpeeled apricot halves
2 3-ounce packages or 1 6-ounce package lemon-flavored gelatin
1 12-ounce can (1½ cups) apricot nectar, chilled
1½ cups sliced strawberries
¼ cup dairy sour cream
¼ cup mayonnaise or salad dressing
Grated lemon peel

Drain and coarsely chop apricots, reserving syrup. Add water to syrup to equal 2 cups liquid. Pour into saucepan and bring to boiling. Add gelatin and stir till dissolved. Remove from heat. Stir in chilled apricot nectar. Chill till partially set. Fold in chopped apricots and strawberries. Turn into 5- or 6-cup ring



mold and chill till firm. Unmold onto serving plate. Stir together sour cream, mayonnaise and a little lemon peel; serve with salad. Makes 10 servings.

Strawberry Yogurt Medley

Sweeten a little more and serve for dessert next time—

2 cups fresh strawberries, halved
2 medium oranges, peeled and sectioned
2 medium bananas, sliced
½ cup strawberry yogurt
1 4-ounce package whipped cream cheese
2 tablespoons sugar

Combine strawberries, orange sections and bananas. Dip bananas in color keeper or lemon juice; chill. Stir yogurt into cream cheese; add sugar. Arrange fruit in compote; spoon on yogurt mixture. Or stir topping into fruit and serve in lettuce cups. Makes 4 to 6 servings.

Rhubarb

Begins on page 70

Rhubaba

Delicate, moist and marvelous—

3 tablespoons butter or margarine
½ cup brown sugar
½ pound rhubarb, diced (2 cups)
Red food coloring
¼ cup dry sherry
3 egg yolks
1 teaspoon lemon juice
1 cup granulated sugar
¼ cup hot water
1 cup sifted all-purpose flour

aspoons baking powder
spoon salt
beaten egg whites
utter or margarine in a
h round baking dish; stir
brown sugar. Remove
eat; top evenly with rhu-
dd a few drops red food
g to sherry; drizzle over
. In large mixer bowl,
g yolks and lemon juice
ck and lemon-colored;
ly add the 1 cup sugar
at till thick and light.
stir in the hot water.
gether the flour, baking
and salt; add to the
lk mixture and mix just
l combined. Fold in beat-
whites; spoon evenly over
. Bake in 325° oven for
or till cake tests done.
e from oven; let stand 5
s. Loosen sides and invert
rving plate. Serve warm
nipped cream, if desired.
6 to 8 servings.

b and Cherry Pie

l rhubarb, cut in ½-inch
; (about 4 cups)
nce can (2 cups) pitted
ed cherries, drained
s sugar
quick-cooking tapioca
red food coloring
for 9-inch lattice-top pie
ing bowl, combine rhu-
cherries, sugar, tapioca
d coloring; let stand 15
. Line 9-inch pie plate



stry; pour in filling. Ad-
ice top; seal and flute
ke in 400° oven for 40
minutes, covering edges
y with foil if they brown
kly.

b Kuchen a la Mode

fted all-purpose flour
poon sugar
spoons baking powder
oon salt
poons butter or
arine

poons milk
ce package strawberry-
ed gelatin
sugar
oons all-purpose flour
nds rhubarb, sliced (5

sugar
ifted all-purpose flour
oons butter or
arine
ice cream
e the 1 cup flour, the 1

tablespoon sugar, the baking powder and salt. Cut in the 2 tablespoons butter or margarine till mixture resembles coarse crumbs. Beat egg with milk; add to flour mixture. Stir till dry ingredients are moistened. Pat dough evenly on bottom and 1 inch up sides of 9x9x2-inch baking pan. Combine the gelatin, the ¼ cup sugar and the 3 tablespoons flour. Add to rhubarb and mix well; turn into crust-lined pan. Combine the remaining ⅔ cup sugar and the ¼ cup flour; cut in the remaining butter till crumbly. Sprinkle evenly over rhubarb filling. Bake in 375° oven for 45 minutes or till rhubarb is tender and topping is lightly browned. Cool completely. Cut into squares; top each with vanilla ice cream. Makes 8 servings. ■

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Cheese Cookies
utter or margarine,
ned
nce packages cream
se, softened
ugar
poon vanilla
poon salt

spoons milk
sifted all-purpose flour
chopped peanuts
e mixer bowl, cream to-
butter or margarine,
cheese, sugar, vanilla and
dd egg and milk; beat
dd flour; stir in peanuts.
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cookie sheet. Bake in
ven for 15 to 17 min-
emove to wire rack to
fakes 4½ dozen cookies.

Photographs: Dieter



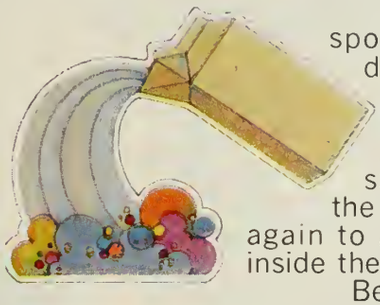
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ces. Pour into pastry
ake in 350° oven for 45
inutes or till knife comes
n. Cool.



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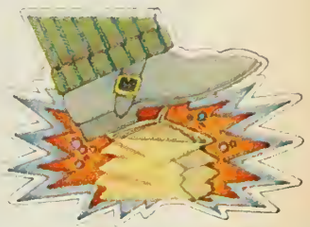


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Peanut Candy Roll
1 cup salted peanuts
6 tablespoons butter or margarine, softened
⅓ cup light corn syrup
1 teaspoon maple flavoring
16 ounces (4½ cups) sifted confectioners' sugar

Chop ½ cup of the nuts finely and the remaining ½ cup coarsely. In large mixer bowl, blend together butter or margarine, corn syrup, maple flavoring and ½ teaspoon salt. Stir in confectioners' sugar all at once; knead till smooth. Add a few drops of water if necessary. Knead in the finely chopped peanuts. Shape mixture into two rolls; brush with a little additional corn syrup and roll immediately in the coarsely chopped nuts. Wrap; chill. Makes 1½ pounds candy.



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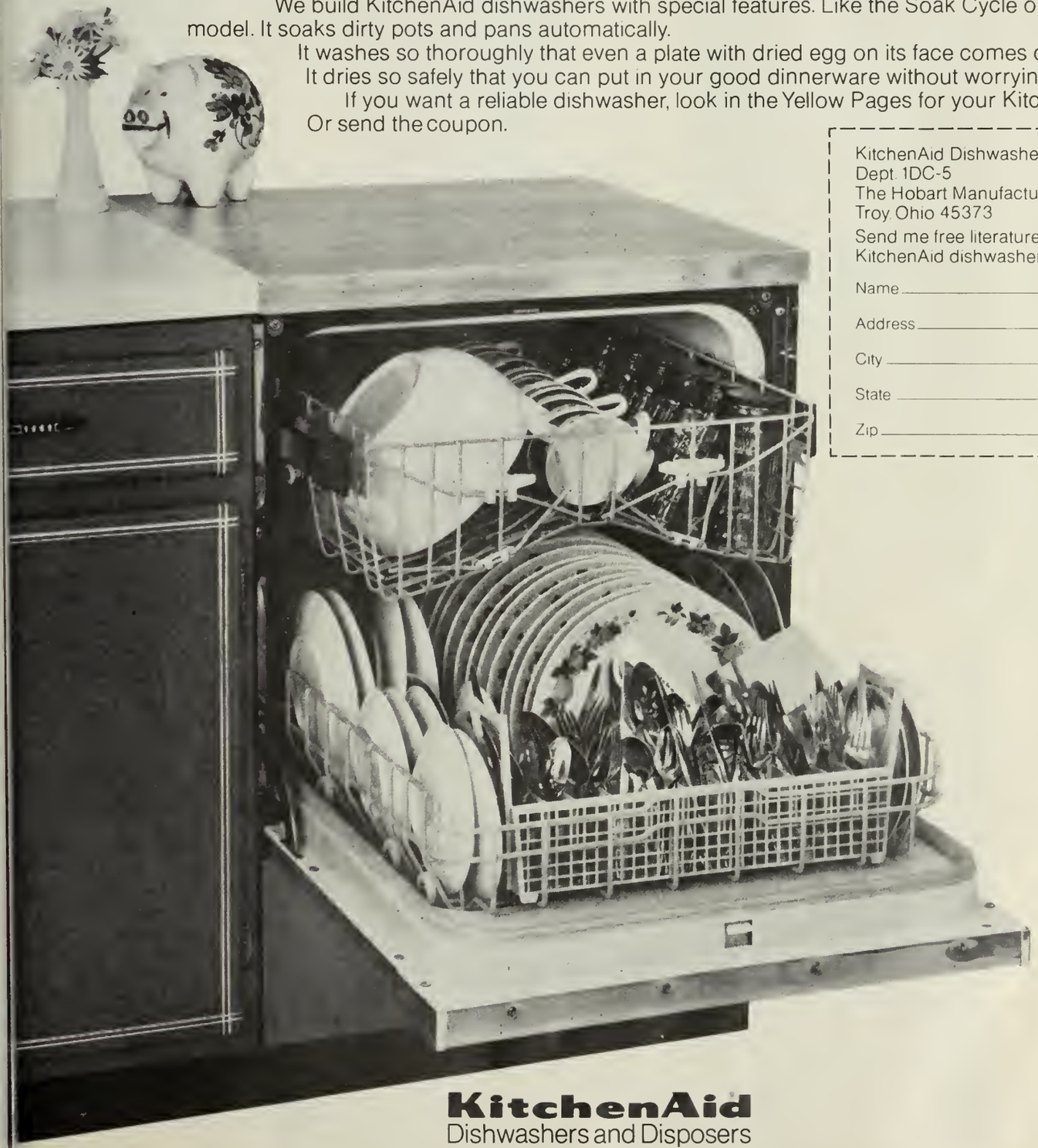
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When can a home be used for business?

Across the street, one of your neighbors starts a dressmaking business that brings several customers to her home each day. If this causes problems—such as daily "traffic jams"—do you have any grounds for a legal complaint? In some instances, you do, but it depends on a number of factors.

Generally, land use in communities and cities is regulated throughout the United States. Certain areas are set aside for single residences, others for residential apartments and still others for commercial and industrial purposes. There are two ways the law accomplishes this: with zoning laws, enacted by the city or county, and with deed restrictions. Deed restrictions usually originate when a land developer establishes certain limits on the use of the land through provisions in the deed. For example, he may specify that each lot must be used only for a single-family residence.

Suppose the neighborhood you live in is zoned for residential use, or has a single-family deed restriction, or both. Legal cases can develop, because at some point the use of a home appears to go beyond the definition of "residence" or "home," and seems more like business or professional use. There are numerous cases on record concerning so-called "home occupations" that resemble businesses: dressmaking or hat making; cooking; teaching; running a nursery; giving music lessons; selling merchandise of various kinds; operating a boarding house or beauty shop; leading religious services. Some home-use cases even involve professionals like physicians, artists or lawyers.

Many violations start innocently enough. Say a homemaker begins sewing her own dresses. Then she expands a bit, and does mending or makes dresses for a few friends. Then more orders arrive. At some point this "home occupation" reaches the stage where the home no longer is just a residence. Whether the use is permissible or has gone too far depends in part on the wording of the restrictions.

In one case, the owner was using a room in his home as a real estate office. The zoning ordinance provided that the home could be used as a "professional office"; this was defined as "the office or studio of a physician or surgeon, dentist, lawyer, architect, engineer, surveyor, or like professional person residing on the premises." The court decided that the zoning ordinance was violated because, among other things, the definition of "professional office" did not include a real estate office.

In another case, a housewife operated a beauty shop in her home. The deed restriction provided that "no lot shall be used except for residential purposes . . . nor shall anything be done thereon which may be, or may become, an annoyance or nuisance to the neighborhood, or that may affect the value of the property." The court declared that the violation depended upon the degree of use, and that the user had overstepped the line. The woman was barred from running the beauty shop in her home.

Who starts lawsuits like these? In some zoning violations, the zoning board, or the township or city, files suit to bar the so-called improper use. In cases where it seems that a deed restriction has been violated, the lawsuit can be started by residents in the neighborhood, or sometimes by the original developer. The remedy, under a deed restriction violation, might be to forbid the alleged misuser from continuing his business in his home, or even to get the land back.

Thus, you need the exact language of the zoning laws and deed restrictions to know whether a particular use is a violation. Some cases get very involved because the law considers such factors as general conditions in the neighborhood, the history of the property and how long the use has continued. Even so, there are steps you can take to reduce the chance that you'll ever be in legal trouble in using your home.

• When you buy a home, you should become familiar with the zoning ordinances and the deed restrictions. Neither of these items necessarily shows up in a title report.

Get a copy of the zoning laws from the zoning board or other local authority. You can get copies of deed restrictions from the real property recorder's office (your lawyer should help you there), your real estate agent, your title company—or simply from your lawyer.

Remember, too, that zoning laws can be changed or new ones enacted after you become the owner. The zoning law that counts is the one in force when you conduct your "home-occupation."

• When you build or remodel with the intent of starting a home business, examine the zoning laws and deed restrictions. Often the zoning laws will be checked by the building permit agency, but the deed restrictions will not be reviewed, so you should look into them further.

• Consult your lawyer before you set up any sort of home business. Sometimes knowing the precise language in the deed or the zoning laws isn't enough. Other factors—for example, changed circumstances in your neighborhood—may influence a court. Your lawyer can help you decide about your current home-use activities, or your plans for the future. He'll tell you whether they're clearly a violation, seem reasonably safe or rest on the borderline. If your activities appear to be a violation, he can at least warn you of the probable consequences. (He may even suggest requesting a variance from your zoning board, which exempts your property from the usual zoning restrictions.) ■

Produced for Better Homes and Gardens by Louis M. Brown.



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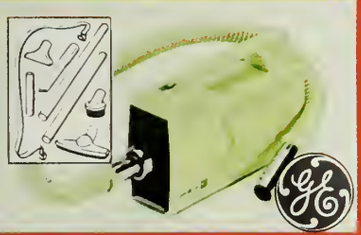
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Is your foyer forgettable?

Try looking at your foyer through your guests' eyes to see wh kind of impression it makes. If it doesn't measure up, che these examples for face-lifting ideas.

Photograph: Taylor Lewis. Decorator: Penny Goldwasser. Source: Susan Jones Medlock

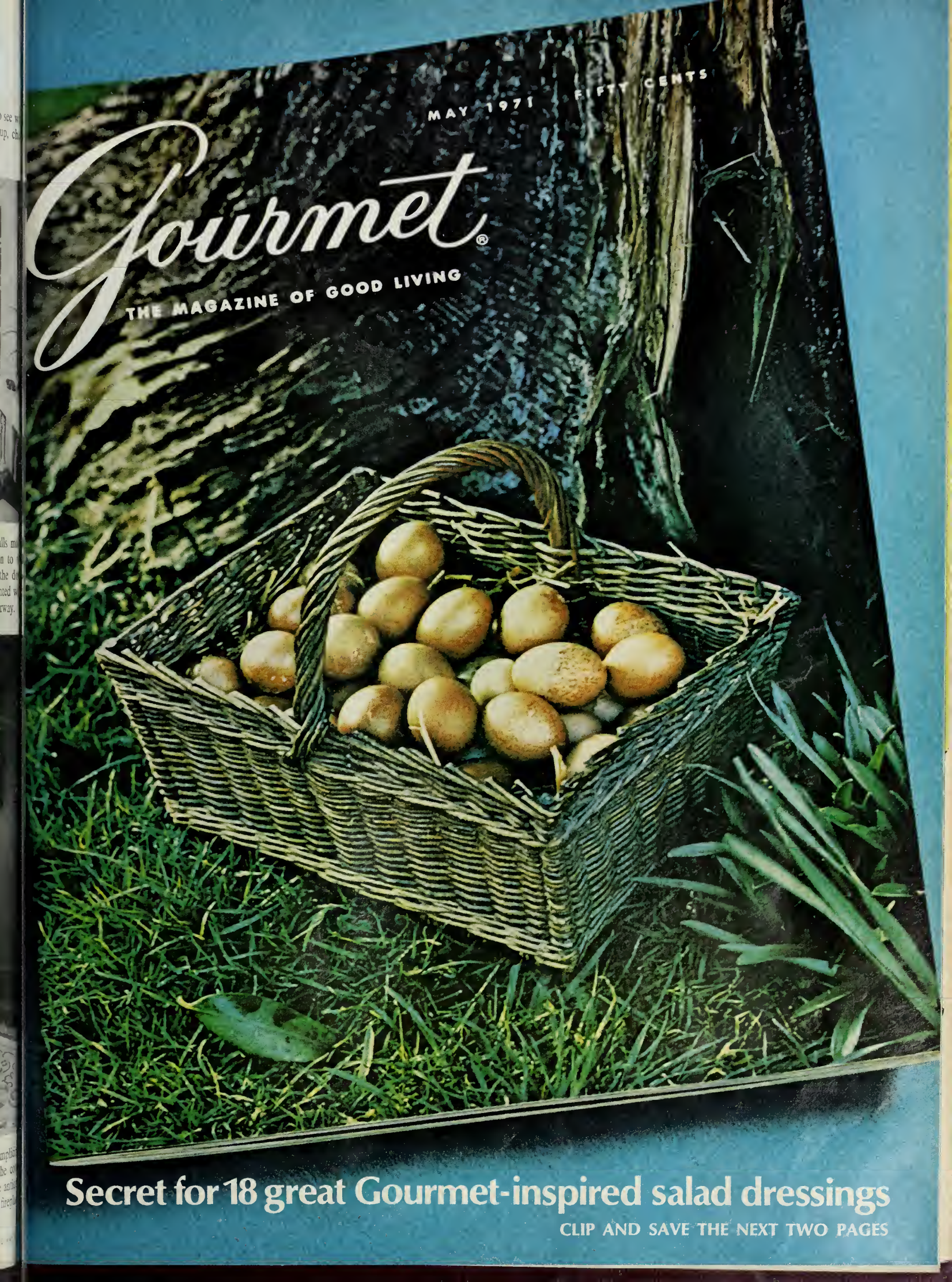


Black and white vinyl tile flooring and stark white walls ma this spacious entrance hall an impressive introduction to t rest of the house. The matching consoles flanking the do were cut from the ends of an old dining table and painted wi white enamel. A bank of green plants accents the stairway.

Photograph: Hedrich-Blessing. Designer: William McWhorter, AID. Source: Patricia Mertz



This small foyer will be remembered for its stylish simplicit One wall of yellow meets one of blue to introduce the col scheme used throughout the house. Centered under the antiqu mirror is the real conversation piece: an antique firepla fender luxuriously cushioned to serve as a bench.


MAY 1971
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Secret for 18 great Gourmet-inspired salad dressings
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Gourmet Magazine, foremost authority on fine cooking, says no ready-made bottled dressing can compare to one you make fresh yourself. And their secret for great homemade dressings is mayonnaise.



Espagnole–especially good on lettuce.



Gloucester–elegant on fruit salads.



Green Mayonnaise–seasoned for seafood.

Classic Dressings for Company Salads

MAYONNAISE ESPAGNOLE

1 cup BEST FOODS® Real Mayonnaise
1/4 cup finely chopped cooked ham
1/2 teaspoon prepared mustard
Dash red pepper or cayenne
Dash garlic powder
1/3 cup milk
1 tablespoon Mazola® corn oil

Combine ingredients. Makes 1 1/3 cups.

REMOULADE DRESSING

3/4 cup BEST FOODS Real Mayonnaise
2 teaspoons chopped sweet gherkin pickles
1/2 teaspoon prepared mustard
1/2 teaspoon capers, chopped
1/2 teaspoon chopped parsley
1/2 teaspoon dried chervil leaves
1/2 teaspoon dried tarragon leaves
1/4 teaspoon anchovy paste
1/3 cup milk
1 tablespoon Mazola corn oil

Combine ingredients. Serve on cold asparagus or greens. Makes about 1 1/4 cups.

GREEN GODDESS SALAD DRESSING

3/4 cup BEST FOODS Real Mayonnaise
3 tablespoons milk
2 anchovies, minced
1 tablespoon tarragon vinegar
1 1/2 teaspoons lemon juice
1 cup parsley sprigs, minced
2 tablespoons finely chopped chives

Mix ingredients. Serve on greens. Makes 1 cup.

MAYONNAISE RUSSE

1 cup BEST FOODS Real Mayonnaise
2 tablespoons horseradish
2 teaspoons vinegar
1/2 teaspoon dried tarragon leaves, crushed
1/3 cup milk
2 tablespoons Mazola corn oil

Mix ingredients. Serve on meats. Makes 1 cup.

MAYONNAISE GLOUCESTER

1/2 cup BEST FOODS Real Mayonnaise
1/4 cup dairy sour cream
1 teaspoon lemon juice
1/2 teaspoon fennel seed, crushed
1/2 teaspoon Worcestershire sauce
3 tablespoons water

Combine ingredients. Serve over lettuce wedges or fruit salad. Makes 1 cup.

GRIBICHE SALAD DRESSING

3/4 cup BEST FOODS Real Mayonnaise
1 hard cooked egg, finely chopped
1 tablespoon finely chopped sweet gherkins
1 1/2 teaspoons tarragon vinegar
1 1/2 teaspoons finely chopped capers
1 1/2 teaspoons finely chopped scallions
1 1/2 teaspoons finely chopped parsley
1/2 teaspoon finely chopped chives
1/2 teaspoon prepared mustard
1/4 cup water
1 tablespoon Mazola corn oil
Dash salt and pepper

Combine ingredients. Serve on vegetable salad or greens. Makes about 1 1/4 cups.

Dressing Tips

1 *Make dressings ahead of time, then refrigerate to let flavors blend.*

2 *Let dressings warm to room temperature before using.*

3 *If thinner consistency is desired, add more liquid–milk, oil or water.*

4 *All dressings will keep at least one week, covered and stored in the refrigerator.*

GREEN MAYONNAISE

12 spinach leaves
12 watercress leaves
8 sprigs parsley
1 clove garlic, halved
1 teaspoon dried chervil leaves
1 teaspoon dried tarragon leaves
1 cup BEST FOODS Real Mayonnaise
1/4 cup water
2 tablespoons Mazola corn oil
Dash salt and pepper

Blanch greens in boiling water 2 minutes. Drain, reserving 2 tablespoons liquid. Rub blender with cut side of garlic; discard. Puree blanched greens, herbs and liquid in blender 30 seconds at high speed. Stir into Real Mayonnaise. Add water, corn oil, salt and pepper. Serve on seafood or greens. Makes about 1 1/2 cups.

RAVIGOTE DRESSING

1 1/2 cups BEST FOODS Real Mayonnaise
2 anchovy fillets, drained and chopped
3 tablespoons chopped dill pickle
2 tablespoons chopped shallots
1 tablespoon chopped capers
1 tablespoon chopped parsley
1 teaspoon dried tarragon leaves
1 teaspoon dried chervil leaves
1 teaspoon sugar
1 teaspoon prepared mustard
1/3 cup milk
3 tablespoons Mazola corn oil
1 teaspoon lemon juice

Combine ingredients. Serve over chilled fish or meat. Makes 2 cups.

DILL DRESSING

1/2 cup BEST FOODS Real Mayonnaise
1/2 cup dairy sour cream
1 tablespoon dried dill weed
1 teaspoon lime juice
1/3 cup milk

Combine ingredients. Serve on seafood or vegetable salads. Makes about 1 cup.

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Strawberry—dresses up any fruit salad.



Creamy Tart French—a favorite for chef's salad.

Convenient Dressings for Everyday Salads

CREAMY ITALIAN DRESSING

3/4 cup BEST FOODS® Real Mayonnaise
1 tablespoon wine vinegar
1 tablespoon lemon juice
1 tablespoon Mazola® corn oil
1 tablespoon water
1 teaspoon Worcestershire sauce
1/2 teaspoon dried oregano leaves
1 teaspoon sugar
1 small garlic clove, minced

Combine ingredients. Makes 1 cup.

CREAMY ROQUEFORT DRESSING

3/4 cup BEST FOODS Real Mayonnaise
1/4 cup crumbled Roquefort cheese
1/4 cup milk
1 teaspoon Worcestershire sauce
1/8 teaspoon salt
1/8 teaspoon garlic powder
1/8 teaspoon white pepper

Combine ingredients. Serve on tossed salad greens. Makes about 1 cup.

TANGY BUTTERMILK DRESSING

1 cup BEST FOODS Real Mayonnaise
1/2 cup buttermilk
1/4 cup finely minced onion
2 tablespoons very finely chopped parsley
1 clove garlic, finely minced
1/2 teaspoon paprika

Combine ingredients. Serve on greens. Makes about 1 1/2 cups.

PARMESAN CHEESE DRESSING

2/3 cup BEST FOODS Real Mayonnaise
1/3 cup grated Parmesan cheese
1/3 cup milk
1 teaspoon white wine vinegar
1/4 teaspoon Worcestershire sauce

Mix ingredients. Serve on greens. Makes 1 cup.

FRESH STRAWBERRY DRESSING

3/4 cup sliced ripe strawberries
2 tablespoons Karo® light corn syrup
1/2 cup BEST FOODS Real Mayonnaise

Place strawberries in small bowl. Stir in corn syrup, mashing berries slightly with fork. Add Real Mayonnaise, stirring until well blended. Chill about 1 hour to develop flavor and color. Serve with fruit salad. Makes about 1 1/4 cups.

LIME COTTAGE CHEESE DRESSING

1/2 cup BEST FOODS Real Mayonnaise
1/2 cup small curd creamed cottage cheese
2 tablespoons milk
1 tablespoon sugar
1/2 teaspoon grated lime rind
1 tablespoon lime juice

Combine ingredients. Serve on citrus fruit salad. Makes 1 cup.



CREAMY TART FRENCH DRESSING

1/4 cup Mazola corn oil
3/4 cup BEST FOODS Real Mayonnaise
1/4 cup red wine vinegar
1 1/2 tablespoons sugar
1 tablespoon paprika
1 tablespoon dry mustard
1/2 teaspoon salt
1/2 clove garlic, minced

Gradually stir corn oil into Real Mayonnaise; beat until smooth. Combine remaining ingredients. Add to Real Mayonnaise mixture. Makes about 1 cup.

LOUIS POURABLE DRESSING

1 cup BEST FOODS Real Mayonnaise
1/4 cup tomato juice
2 tablespoons finely chopped onion
2 tablespoons finely chopped parsley

Combine ingredients. Serve on seafood or greens. Makes 1 1/4 cups.

THOUSAND ISLAND DRESSING

2/3 cup BEST FOODS Real Mayonnaise
3 tablespoons milk
1 tablespoon chili sauce
1 tablespoon sweet pickle relish
1 hard cooked egg, chopped

Combine ingredients. Serve on chef's salad or greens. Makes 1 cup.

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Update your fireplace



Photograph: Reynolds. Designer: Paul Albity. Source: Barbara

Making an all-too-familiar fireplace do an about-face is as difficult as you might think. These rooms demonstr what you can accomplish with paint, plywood, and moldi

Above: Quarter round molding was the device used to m ernize this conventional brick fireplace. Mantel was remov and space to the ceiling covered with stacked quarter rou which wrap around the sides of the fireplace. Each quar round is nailed to the one next to it. A dark walnut stain w applied to the molding to complement the dark bricks.

Below: Here's one fireplace that will never go unnotic Fireplace wall was painted avocado green and sparked w "appliques" of ¾-inch plywood in a pungent orange. N row white molding, attached with finishing nails, outlines individual sections of this abstract fireplace design.

Designers: J. Baker, J. Bullard for Sequoyah Indu





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Theme a teen party

Of course, you can simply bring out the pop and the potat chips. But teens turn on when you make it a real productio —with a theme, an appropriate table setting, and "som thing to do" as well as plenty of good things to eat.



Madam Modiste pattern party: Encourage guests to brin an ultra-simple skirt pattern. When you've helped them cu the patterns and stitch them up on the machine, provid them with a box of fringe, rickrack, lace, and assorted tack ons. You'll be amazed by the creations! Our table for de signers shows off two smashing "haute couture" forms mad from detergent bottles covered with cloth.

Japanese Sandman slumber party: If you can't sideste this foreboding event, make it a night to remember. Guest should arrive in coolie costumes or some form of Orienta dress (the most imaginative rig rates a prize). Follow with Japanese treasure hunt in which clues are couched in "mos honorable" phraseology. At midnight (the girls have alread consumed everything in sight) give them a truck driver' "snack"—a mammoth casserole and a hearty dessert. Ou enchanting Japanese-garden table setting features a cente piece bridge made from a slotted bamboo place mat, with handrail of halved mini-clothespins. Shiny vinyl reflect the squat shapes of the flower bowls.



Party in a wall





Photographs: David Jordan. Designer: Eugene Levin Associates, Inc. Source: Lois Rea

This built-in storage unit at one end of the living room has two faces. When all the doors are closed, its rough-sawed timber makes a handsome wall treatment with flanking bookshelves, wine rack and concealed stereo speakers. Wire mesh inserts in the doors are backed with shirred fabric to completely mask the functional side of this storage wall. Instead of using wire mesh, you could insert solid wood or perforated hardboard.

Doors open to reveal all the ingredients for successful entertaining. The left side houses an entertainment center complete with radio, record player, records, tape recorder and pull-out TV. On the other side is a refreshment center with a sink, shelves for glassware and a serving counter which can accommodate small appliances. The cabinet below the refreshment center could be designed for a small refrigerator.

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12 smart ways to use your bank....

1 Keep some cash out of your paycheck, rather than depos it all. This saves you writing checks simply to get cash.

2 To cut your check writing costs even more, see if your b will pay your utility and telephone bills when you make y deposit. Many do. And instead of using checks for your sav account deposits, have your bank make automatic trans from your checking account. (This also works as a fo savings program.)

3 After you've reduced your check writing to a minimum, cide which checking account you should have, special regular. A special checking account carries a nominal ch per check (usually ten cents), plus a small maintenance fe 50 cents to a dollar a month.

With a regular checking account, you don't pay for indivi transactions, but you must maintain a minimum balance (usu $200 to $500) to avoid charges. Figure out how much inte that minimum balance would earn in a savings account. Un you write so many checks that the charges exceed the pote savings interest, you're better off with special checking. S banks even offer free checking if you maintain a savings count with them.

4 If you have a savings account that pays interest at the of the quarter, take out a passbook loan when you need c After about the middle of the quarter, this will cost you than if you sacrifice that quarter's interest by withdrawing cash. And, since passbook loans are secured by the collatera your deposit, they're cheaper than regular personal loans.

5 Put up collateral when you borrow more than a few hun dollars and the sum exceeds your passbook savings. You'll a lower interest rate than on unsecured personal loans—usu about one or two percent less a year.

6 Keep one savings account for emergency cash. Open ano one on a long-term basis at the highest guaranteed interest r (You'll have to leave the money in the long-term account f specified period, sometimes as long as two years.)

7 When you start a regular savings account, get one that p interest from date of deposit to date of withdrawal. Inte paid on these accounts is slightly less, but you'll be ahea you must make a withdrawal before the quarter's end.

8 Repay installment loans in full before the maturity date many states, this will get you a partial rebate on the ser charge. Suppose you have a $2000, one-year loan at six per discount. In this case, your interest cost is $120. If after months you pay off the loan, you'll save about $43 in inter

9 If you have an open-end mortgage and need a loan fo home improvement project, see if your bank will reopen y mortgage at a favorable interest rate. You probably won't the original interest rate, but you still might save. It's worth ing the time to compare costs with other improvement loans

10 Pay any bank credit card charges within 25 business d from the time you get the bill. That way you'll avoid the terest, usually 1½ percent per month, or 18 percent per y

11 Don't use a bank credit card when you need to borro large amount of money. Traditional installment loans are g erally cheaper, often as much as six percent less.

12 By using a bank credit card regularly, you can save che writing costs. The card purchases are combined in a mont bill, which you pay with just one check.

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Kitchen gardening

Plant your own little truck garden near the kitchen door. don't even need ground space. A few planters on deck or p will do for salad vegetables, herbs, even small fruit. Once yo picked a location for your kitchen garden and decided wh plant, place your order promptly to avoid disappointment.



Photograph:

Just a 24- to 30-inch-deep strip is ample for salad tomatoes, tuce and everbearing strawberries. You can even add s radishes. After the lettuce is gone, replace it with endive in or a second crop of lettuce in late August. Support for the p tomato was made by binding green bamboo stakes to three rights. Tie new growth to the support.



Photograph: Bill Hedrich, Hedrich-Blessing. Source: Jessie W

The four planters in this kitchen garden are 30x72-inch r tangles built of 1x4 framing. All-weather gravel walks aro them cut down on maintenance. Rhubarb, bibb lettuce (p tected from nibbling marauders by hardware cloth), New Z land spinach and cabbage are in the beds. Tomatoes are tied the trellis. Herbs in foreground are chives, lemon balm, sw basil, tarragon, sage, sweet woodruff and thyme edged with t of armeria. Dowels with curtain-pole finials mark beds.



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Better Homes and Gardens

WESTERN Travel Directory

ra Pacher, Western Travel Editor

graph: Elton Welke



Craters of the Moon National Monument

The pioneers of Idaho had out as much use for the Crat- of the Moon region as they l for a case of measles. Fields jagged lava made poor footing horses and cattle, and if any- dy ever did cross the 83- uare-mile region in a wagon, concealed his foolishness by t mentioning the fact.

But this remote area of old lcanoes, cinder cones and va fields, protected since 1924 national monument status, is surprising and fascinating ace. The last molten lavas cooled about 1500 years ago, but so little rainfall comes to this region that the rocks have not weathered much and still look freshly erupted.

Despite the rugged and seemingly inhospitable nature of the terrain, the national monument is rich with animals and unusual plants. There are a half-dozen lava caves you can explore (bring flashlights), and some well-marked and informative trails to hike, from a half-mile to three miles long. Even if your family's interest in geology is casual, you'll find a trip to the monument's visitor center worth the time it takes. Because most visitors to the monument are headed somewhere else (east to Yellowstone National Park or west to Boise), they give Craters to the Moon only a few minutes. Nevertheless, you could easily spend a day or two here enjoying the unusual geology, the deer, squirrels, and birds—and the big, cloudy skies over mountainous horizons.

The national monument is

Continued

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A cruise to Victoria, B.C.

At 8:30 each morning, from May through September, Canadian-Pacific's modern *S. S. Princess Marguerite* sails from Seattle's Pier 64 to Victoria, a quiet, peaceful Canadian city laden with old-world charm.

Round-trip tickets for the eight-hour cruise (four hours each way) are $9 for adults and half-fare for children. You need no reservations unless you are bringing your car ($8 each way) or want to occupy a stateroom ($4.50 to $12).

A reasonably priced dining room and cafeteria are open when you board, so you can have breakfast or a midmorning snack as the ship glides through Admiralty Inlet and crosses the Strait of Juan de Fuca.

It docks in Victoria at 12:30, giving you four hours for sightseeing before the ship sails again at 5:30—not really enough time to explore this lovely city, but certainly enough to make you want to return.

Children will like Sealand, where seals, dolphins, whales, sea lions and birds that swim underwater put on an exciting show. And the Oak Bay Marina next door will interest boating enthusiasts.

Trounce Alley is a delightful, English-flavored little shopping street, and Antique Row is filled with heirlooms from Victoria's gracious past. Village Fair, a building once patronized by lusty gold miners, is now a charming arcade.

Spend at least an hour in the floral wonderland of Butchart Gardens, outstanding even in this city where flower gardens are almost a passion.

You return from your "trip abroad" over a sunset sea, arriving in Seattle at 9:30 that night.

Two Southern California festivals

Two noncommercial, small-town festivals will be held in just off highway 93A, about 20 miles west of Arco, Idaho.

Southern California this mo bringing back for a while frontier fun of the State's yo

The first will be May 15 in **Fillmore**, on Highway southeast of Ventura. The to has held its celebration annu since 1912. Try to be there Saturday, May 15, when festi ties start early with a panc breakfast. At 10 a. m. there be a parade ending with a ditional Maypole dance. Attr tions include carnival rides, antique and hobby show, booths selling pies, cakes, s bonnets, quilts, games and ot homemade wares.

At noon, the boom of an World War I cannon will sig a traditional Spanish barbec In the afternoon there will b variety of relays and childr games, followed by a st dance that night.

Yucca Valley, northeast Palm Springs on Highway holds its 21st annual Grubst Days from May 28-30. H too, the Old West will come life with a parade, carnival, e ly-California food and west garb. There also will be an cellent art exhibit and flow show. All businessmen in to are required to grow a beard moustache for the event, a a Whiskerino contest is held the best, puniest, bushiest a most artistic beards. Write Yucca Valley Chamber of Co merce, 56297 Palms Highw Yucca Valley, Calif. 922 for entrance forms for this a several other contests, such pie-eating, horseshoes, a g tournament, tug-of-war, and hilarious Yucca "500" tricy race for adults. Entrance f range from $10 for the g tournament to 50 cents for pit ing horseshoes.

Five classic ghost towns

These deserted (or nearly Northwest boardwalk tow have several things in comm they are all easily accessible good roads from main highwa they each have trout fishing or near them; none is co mercialized. They are far-flu and seemingly dissociated, yet little digging in the history boo shows that their early-day r idents were quite aware of ea

ıer. Although travel was slow
d difficult, gossip flew across
: miles with its usual facility.
these towns were neighbors
sorts in the thin community
t sprang up north of Cali-
nia on the heels of the '49
d rush. When the lodes
yed out, or mainstreams went
other way, these 19th-century
mmunities were left to weath-
on the mountains.

anite Creek, B. C.

A cowboy, well-named John
ance, turned up the first gold
gget here in 1885 while rest-
; up from trying to haze a
nch of horses across the for-
ed mountains—an activity
t has been compared to
ving a swarm of bees. By the
xt spring, with 2000 people,
anite Creek was the third larg-
town in the province.

The old community is twelve
les up the Tulameen River
rthwest of Princeton, which
180 miles east of Vancouver
Provincial Highway 3. A
nic drive on good gravel fol-
vs the Tulameen, with river-
w pullouts at selected points.
ırn left at Coalmont, then one
le south to deserted Granite
eek, a loose huddle of a dozen
; and frame buildings at the
ıcture of two trout streams.

The region is a good example
all-placer diggings, which ran
t quickly and left the miners
th no choice but to head for
e next rumored gold strike.
anite Creek itself is a beauti-
ly untouched, moldering and
serted log village. Bachelor's
ttons are among the remnant
ants scattered between the
bins.

There also is a coal story here.
forest road goes up a hogback
st of Granite Creek for four
les to Blackburn. Here a
pple (loading structure) rears
from the thick timber to
eside over a hillside of scat-
ed evidences of coal miners'
acks beside a huge pit. Back at
oalmont, supplies and fishing
vice are available.

olson, Washington

From 12th Street in Oroville,
ıere U.S. 97 nears the Cana-
an border, a paved road grad-
lly climbs eastward onto a
)00-foot plateau through a
ixed forest of pine, larch and
. Fifteen miles out, in a mile-
de meadow, 50 scattered dark
ame buildings outline Molson
ainst the light-colored grass.
s a region of contrasting lights
d darks. Black Angus cattle
aze among white aspen trunks,
d mock-orange blossoms pile
) against forest shadows.

Old and new beaver dams dot
e small watercourses in the surrounding hills, which are famous for their big mule deer. Tule-bordered Sidley Lake, at the north edge of Molson, is actually a group of three connecting lakes, the largest just over 100 acres, with depths to 25 feet. It is a consistent producer of both rainbow and eastern brook, and "silver bows," a cross between rainbow and silver trout. There's a small resort with boats for rent.

Molson began life as the second cabin of a red-haired ruffian who had another cabin on the Canadian side. His home depended on the political climate. This schizoid beginning dogged Molson even after a railroad and 400 people arrived. Factions separated into two communities, with a strong group favoring a third, and the struggle for the post office went all the way to the U.S. Supreme Court and lasted almost longer than the town. An exasperated banker once mounted his bank on skids and dragged it about the streets, accepting curbside deposits pending a decision about his lot. This, say locals, was probably the first drive-in bank.

The Okanogan Historical Society has begun a "Molson Museum." Three buildings fronting a plaza form a nucleus surrounded by a collection of antique farm and mining equipment. Entirely informal and free, the museum is open 24 hours a day, 365 days a year. In the bank, and also in the assay office, wall clocks tick out 60 slow minutes to the hour. The visitors' footsteps are the only other sounds. Shelves, desks and walls are loaded with odds and ends from Molson's past, along with photographs.

Flora, Oregon

Flora is Oregon's northeasternmost town, located in the Blue Mountains two miles west of State Highway 3 near the south brink of the Grande Ronde River gorge. Sixty frame dwellings, churches and false-fronted buildings dot a flowering, 4000-foot upland prairie. There are a few resident families, who apparently cannot bring themselves to leave a place where water comes sweet from a well bucket, and the schoolhouse is much too big for last year's three pupils.

Two roads descend from Flora to the river through a ponderosa pine forest that thins as you drop to 1600 feet. The old grade, dating from wagon days, switches down to Troy, a crossroads. Here you can fish for salmon, steelhead and rainbows from an iron truss bridge,

Continued

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camp alongside glass-clear Wenaha River, and hobnob with old-timers and fishermen at the cafe and store. You'll find cabins and rooms for rent here, too. Fifteen miles of level road follow the river on down to where Oregon's State 3 crosses the river and becomes Washington's 129.

Rimini, Montana

Ten miles west of Helena on U.S. 12, turn south on Ten Mile Creek. Rimini is eight miles up this small trout stream in the Fremont National Forest. Fifty well-preserved log and frame buildings are ranked along both sides of the road, many of them kept up as summer homes. These tenants have saved Rimini from deterioration and vandals, and an occasional muffled boom from up the canyon suggests that they also keep a bit of hard-rock hope alive back in the mines.

Visitors are welcome to look around prudently, and there are some vacant buildings to peer into. Four miles downstream is a developed campground at Moose Creek.

The name, locally pronounced *rim-en-eye,* commemorates a cultural occasion of boom days—the evening the drama *Francesca da Rimini* was presented there by a traveling troupe. The actors didn't come the hard way; there was a railroad, a spur of the Northern Pacific.

Paradise Valley, Nevada

It's eighteen miles off U.S. 95, 40 miles NNE of Winnemucca (turn onto State 88 at Par... Hill). The nautical "N... seems well-taken on the lake... dry flats below Paradise Va... The record says that prosp... W. H. Huff exclaimed, "WH... paradise!" as he topped the r... by Santa Rosa mountains ... looked down. It must have b... a May morning. This is the ... son when flowers make a so... desert heaven of 7865-... Hinkey Summit just north... Paradise Valley. A Forest ... vice road leads up to it, and ... developed campgrounds are ... beyond on Martin Creek.

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Small children will enjoy the rand Carousel, with its 64 rses and 100-pipe organ. It as built in 1912 and restored a cost of $100,000.

There are three dancing pavil- ns that feature both standard d rock music. A 3000-seat phitheater presents musical medy productions by college d professional groups.

Magic Mountain's Sky Tower fers a panorama of the sur- unding countryside. You can t around the park in an aerial amway, The Eagle's Flight, or the Metro, a high-speed onorail that runs around the rk's perimeter.

Just take the Golden Gate eeway to the Magic Mountain rkway. The park is open from a.m. to midnight during the mmer and from 10 to 6 (mid- ght on holidays and weekends) e rest of the year.

.ake Mendocino Camping

Lake Mendocino, on U. S. 01 north of Ukiah, California, a refreshing escape from heat d heavy traffic. Indeed, this ne-by-three-mile lake is such a pleasant spot you might want to camp here—and you can.

There are 125 campsites, all with nearby drinking water and cold showers. One of the camping areas is close to the swimming beach and tends to be crowded. The other is about two miles by road on the other side of the lake where there is ample parking near the beach, as well as a landscaped picnic area and a change house with cold-water showers. You'll pay $1 a night, and you can stay for a week.

Boating and fishing are popular activities here (two boat ramps). Lake fish include large-mouth bass, bluegills and catfish. For hikers and hunters (in season), there's nearby 3200-foot Cow Mountain, a 50,000-acre Federal Recreation Area with a resident population of about 10,000 blacktail deer. During the season, which begins early in August, there are almost as many hunters as deer. It's a good idea to plan excursions to Cow Mountain before this time, or wait until after the season closes in October.

The lake, 123 miles from San Francisco and just six north of Ukiah, is operated by the Army Corps of Engineers. Summer weekend traffic can get pretty heavy. It's best to plan your visit here during the week if you possibly can.

Wyoming's Devil's Tower

In 1875, a U.S. Geological Survey party reported a curiously fluted rock tower rising 1280 feet above the Belle Fourche River in northeast Wyoming. The commander of the military

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escort called it "one of the most remarkable peaks in this or any country."

By 1906, Devil's Tower, which geologists have estimated to be 50 million years old, was designated America's first national monument.

It is 1000 feet across at the bottom and 275 feet across at the top. Colorful layers of sedimentary rock form bands around its base. Vertical, polygonal columns taper upward in more somber colors.

It's located on Highway 24, just seven miles north of U.S. 14. Three miles from the east entrance, a visitors information center will inform you of the legends, history, geology, and animal and plant life surrounding the tower. Perhaps the most interesting wildlife species here is the prairie dog. Though these little creatures have been driven from much of their former range, they populate a thriving "town" just a half-mile inside the monument entrance. Don't feed or try to pet them. They bite.

Pick up a nature trail leaflet at the visitors center and take the hour's walk around the Tower Trail. Repeat the hike at different times of the day to get the full effect of this remarkable peak with its ever-changing shadows and colors as the sun moves across the sky.

A 52-unit campground on the Belle Fourche River is open from May 15 through October 15. The Monument is open all year. Write Devil's Tower National Monument, Wyo. 82714.

Oakland's Downtown Oasis

Lake Merritt, a saltwater [illegible] lake in downtown Oakland, [illegible] once an arm of San Ant[illegible] Creek, a branch of San Franc[illegible] Bay. It consisted of tidal slou[illegible] and marshland that was floo[illegible] at high tide and mostly bar[illegible] low tide. A dam and gates w[illegible] installed to control the w[illegible] level in 1874, and the lake [illegible] been deepened by dredging[illegible] several occasions.

Today, bordered by the [illegible] greenery of Lakeside Park [illegible] serves a variety of recreati[illegible] uses. Joggers find the 3.18-[illegible] shoreline a perfect place fo[illegible] workout. For artists, it is an [illegible] spirational spot to paint. Fish[illegible] men wait for the striped b[illegible] that sometimes come into [illegible] lake during high tide.

Lakeside Park has a natu[illegible] science center where you [illegible] attend talks conducted by [illegible] park's naturalist. The nati[illegible] first wildlife sanctuary, L[illegible] Merritt serves as the win[illegible] home for a large waterf[illegible] population. A bird-feeding a[illegible] is also here, plus a picnic ar[illegible] an ornate bandstand for su[illegible] mer concerts, bowling gre[illegible] and beautiful Japanese, begon[illegible] dahlia and chrysanthemum fl[illegible] er gardens.

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quakes and worn by erosion. Its ancient lava flows now form the soil that supports a stubborn vegetation. Wildfires often sweep this range; the sun burns hot; rain is rare.

In spring, which is the best time to come here, wild flowers bloom in the new green growth. At dawn and late evening, you may see deer, chipmunks, rabbits, ground squirrels, bobcat and foxes.

The self-guiding Moses Trail starts near the visitors' center picnic area at the east entrance to the monument. Most trails are on this side of the park, and most of them connect with each other. You have a wide choice of adventurous routes leading to spectacular viewpoints, canyons and explorable caves.

There are two campgrounds in the monument area. The larger, Chalone Creek, has 44 units. (Take Highway 25 for 35 miles east of Hollister.) Chaparral, on the western side, is a walk-in campground with 25 units. It can be reached from Highway 101 at Soledad. No roads connect the eastern and western sides, only trails.

You'll have to bring your own stove or firewood, and be sure to pack enough groceries and supplies. The nearest store is 23 miles away. There is a seven-day limit from mid-February through June, 14 days during the rest of the year. Entrance fee into the monument is $1, camping per night is $2 or free with Golden Eagle Passport. Open all year.

Write to Superintendent, Pinnacles National Monument, Paicines, Calif. 95043 for further information.

San Juan Mountains

Ask most any resident, and he'll probably tell you that he used to come camping here and decided to stay.

Old towns like Durango, Silverton, Ouray and Telluride produced millions in gold, and they still retain the charm of those legendary days. Jeep trails climb 12,000-foot mountains to old mines and ghost towns. Waterfalls cascade hundreds of feet over cliffs. Primeval forests, gorges and canyons, cold trout streams, wild flowers and aspens make this a perfect setting for camping. Of all Colorado mountain retreats, this one is the least crowded.

You can camp in many public and private campgrounds along US 550 from Ouray to Durango. This million-dollar highway (surfaced with gold-bearing gravel) takes you past some of the most breathtaking views in the Rockies. From Durango it's only an hour's drive to the ancient cliff dwellings of Mesa Verde. There is a campground there, but it may be crowded. For more out-of-the-way camping, take Colorado 62 a few miles north of Ouray. It connects with Highway 145, which takes you to the fascinating old town of Telluride ("To Hell You Ride" the miners used to call it.) South of Telluride there are numerous national forest campgrounds along the forks of the Dolores Rives. The season is May through October.

For area information, write Forest Supervisor, San Juan National Forest, Oliger Building, Post Office Box 341, Durango, Colo. 81301, and the State of Colorado, Division of Commerce and Development, Travel Development Section, 602 State Capitol Annex, Denver, Colo. 80203.

The Sawtooths

This area in central Idaho is rich in geology and visible history. Highway 93, which cuts between the Challis and Sawtooth National Forests north of Ketchum, gives you access to millions of acres and dozens of camping possibilities.

Extensive glaciation has carved out hundreds of lakes and streams that hold cutthroat, rainbow, Dolly Varden, even California Golden trout. Steelhead and Chinook salmon can be taken by special permit on their runs up the Salmon River. This is also the land of the Kokanee, or blueback salmon, landlocked fish caught in Redfish and Altura lakes.

Start your camping trip in the Sawtooths with a visit to beautiful Redfish Lake just off Highway 93 about five miles south of Stanley. This very popular lake has 105 camping units for tents and trailers. The visitors' center for the Sawtooth National Forest will provide you with information about the area. You also can get horses and guides to explore the 200,000-acre primitive area on the other side of the lake. This is one of the Northwest's superlative wilderness regions and a fisherman's paradise.

Numerous camping areas are just off the highway for approximately 60 miles north and south of Redfish. Particularly appealing are those in the Challis National Forest, northeast of Stanley on the Salmon River. Be sure to visit the ghost towns of Custer and Bonanza, ten miles up the Yankee Fork of the Salmon River between Stanley and Challis. You'll find campsites here, too.

The season is June through October. For information write Forest Supervisor, Challis National Forest, Challis, Idaho 83226, and the Forest Supervisor, Sawtooth National Forest, 1525 Addison Avenue East, Twin Falls, Idaho 83301.

Hungry Horse

This 34-mile-long, man-made lake in northern Montana gives you a chance to get away from the people who are trying to get away from people. Much of this region has become so popular that finding a place to pitch a tent is difficult. But there is still room at the southern end of Hungry Horse Lake. Even if it didn't give you a jumping-off point for exploring Glacier National Park (just 11 miles to the north), the reservoir has much to offer.

In spring, cutthroat trout can be taken at the north end of the lake and Dolly Varden in the south. Side creeks offer excellent opportunity for trout fishing (and huckleberry picking).

The lake has several boat ramps; once you are in the water watch out for tree stumps and floating debris. If you are a water-skiing enthusiast, you'll prefer nearby Flathead and Whitefish Lakes. There are many privately owned trailer camps at these areas, and a few small state parks.

From the lake's south end, you can hike into the pristine Bob Marshall Wilderness Area. Jewel Basin Hiking area in the high

Continued

country to the west of the reservoir is less ambitious, but an outstanding walker's destination. It is fine for one-day family outings.

Around the reservoir are ten campgrounds, ranging from 46 to four units. All have toilets, six have piped water. There are also boat campgrounds on Fire Island and Elk Island. Fee: $1 per n... or Golden Eagle Passport. Season is from May through Septem...

For information, write Forest Supervisor, Flathead Nati... Forest, 290 North Main, Kalispell, Mont. 59901.

Lake Mead



Lake Mead's 550-mile shoreline is a mix of rugged and colorful deserts, sandy beaches, deep canyons, numerous dry washes and high rocky plateaus. Spring and fall are the best times here. Temperatures are in the balmy 70s, and you miss the heavy traffic of summer.

You can boat, sail, swim, water ski, skin dive and explore hundreds of sandy beaches and coves that line the shore. Several modern marinas rent boats and equipment. Be sure to bring your field glasses or binoculars to view the fantastic colors and rock formations around the lake. You may spot desert bighorn sheep, coyote and wild burro. Largemouth bass fishing is very popular, but you can also find rainbow trout, bluegill, black crappie and catfish.

Driftwood hunting is good, too. The flotsam is swept out of the Grand Canyon by the Colorado River. And should you tire of the desert's peaceful wilderness, Las Vegas is just 30 miles away.

Boulder Beach: The largest campground on Lake Mead is ten minutes from Boulder City with 348 campsites. There are pic... shelters, launching ramp, swimming beach and boat dock, ... free. Concession facilities at this site include marine supplies a... a trailer court, store and restaurant. Power, water and to... hookups for trailers are $2.50 a night.

Las Vegas Bay: Fifteen minutes from Henderson with 89 ear... sites. All the above facilities with the exception of the trailer co...

There are four other camping areas: **Echo Bay, Rogers Spri...** and **Overton Landing** in the upper Virgin Basin. **Temple Bar** is ... the Arizona side of the lake. You'll find well-maintained com... stations and water faucets every few camping spots.

If you have a boat, you can pick your deserted beach anywhe... around the lake and set up camp. Open all year; best from Septe... ber through December, and February through May.

For information, write Lake Mead National Recreation Ar... 601 Nevada Highway, Nevada City, Nev. 89005.

Taos County



Combine a camping and sight-seeing trip in the old-world atmosphere of this north-central section of New Mexico. Its blend of Indian, Spanish and American cultures is rare and exciting.

Choose the thriving art center of Taos as the hub of your vacation. It's surrounded by Carson National Forest, and has for a backdrop the wild and beautiful Sangre de Cristo Mountains. You'll find nearby camping areas from which you can explore the many museums and galleries of this small adobe town, deservedly famous for its art.

From sunup to sundown, you can visit the 800-year-old and still-inhabited Taos Indian Pueblo, which has changed little in the four hundred years since the Spanish first saw it. Indian dances are held nightly in Taos from June 1 through September 15.

Spanish villages and mission churches, some hundreds of years old, dot the countryside. Particularly beautiful is the St. Francis of Assisi Mission four miles south of Taos on Highway 64.

There's fine camping in Carson National Forest with over a m... lion acres of rivers, lakes and mountain streams and forests ... spruce, aspen and pine. The forest also contains the Wheeler Pe... Wilderness and part of the Pecos Wilderness Areas, majestic hig... mountain country unspoiled by man. You'll find 40 campgroun... in the Carson National Forest. Thirty are located in Taos Coun... Only eight campgrounds provide safe drinking water, but water ... available for boiling at all campsites. All but two of the develop... areas will accommodate trailers; check with the local forest offic... about the length requirements. There is no law prohibiting ov... night parking of trailers and campers along New Mexico highwa... providing the vehicles are off the highway. Open May throu... October; some campgrounds are open all year.

For information, write Forest Supervisor, Box 578, Carson N... tional Forest, Taos, N. Mex. 87571, and the Taos Chamber ... Commerce, Box 445, Taos, N. Mex. 87571.

Southern Oregon Coast



Few stretches along Oregon's wave-pounded coastline will fail to please you, but the southern portion is more tumultuous and less crowded than the north. Headlands and cliffs here take the full foamy impact of waves and Pacific winds.

The entire Oregon coastline is dotted with campgrounds, and Oregon's state parks will spoil you with their outstanding facilities.

Harris Beach: This southernmost campground, two miles north of Brookings off US 101, has 119 units for tents and trailers. Activities are surf bathing, fishing and beachcombing. Trails le... past wild flowers and flowering shrubs. The area is popular wi... serious photographers because of its rock formations and seascape... There are flush toilets, showers and laundry facilities. Tent sit... are $2 per night; trailer hookups are $3.

Loeb State Park: Eight miles northeast of Brookings. A sma... overnight campground with 53 units located on the Chetco Riv... in a grove of old myrtle trees. Fishing and swimming are popul...

here. Fee, $2 per night. No showers. Flush toilets.

To the north you'll find several other excellent overnight state parks: **Humbug Mountain,** six miles south of Port Orford (100 units); **Bullard's Beach,** two miles north of Bandon (191 units); **Sunset Bay,** 11 miles southwest of North Bend-Coos Bay (137 units). All have showers, flush toilets and laundries. Fees are $2 and $3 per night. Bullard's Beach is noted for sand dunes. The season is June through October; Harris Beach is open all year.

Wallowa Mountains



This northeastern corner of Oregon is less popular than other areas of the state, but it's a region of magnificent landscapes and excellent outdoor recreation. It was the beloved homeland of the Nez Perce Indians, who with their famous chief, Joseph, fought the last great Indian war.

Rich in the lore of the 1870s, it offers glittering lakes, streams and high mountain peaks rising from lush green valleys. Rainbow trout and landlocked sockeye salmon await the fisherman.

To the east, Hells Canyon of the Snake River cuts one vertical mile between Oregon and Idaho, exceeding the depth of the Grand Canyon by 1000 feet. An unpaved forest service road leads to the Hat Point Lookout at the rim of the canyon. Pack stations provide horses to take you into the Eagle Cap Wilderness Area, where scores of lakes can be found in remote valleys.

Wallowa Lake State Park: Located 78 miles east of La Grande on Oregon Route 82, this park offers 89 tent sites at $1 a night, and 121 trailer spaces with hookups at $3 a night. You'll also have laundry and shower facilities, fresh water and firewood. Sheltered electric stoves are available at a nominal charge.

Wallowa Lake was formed by what has been called "the world's most perfect glacial moraine." You can rent motors, boats and water sports equipment.

Minam State Recreation Area: A small state park with ten tent sites at $1 a night. Located near the little town of Minam on Highway 82 leading to Wallowa Lake.

In the area of La Grande, you'll find other small state parks, in addition to a dozen U. S. Forest Service campgrounds.

The season here is from May 1 to November 1. Write Supervisor, Wallowa-Whitman National Forest, P.O. Box 907, Baker, Oreg. 97814.

Lake Chelan



Lake Chelan is a 55-mile-long, fjord-like waterway that penetrates the east side of the Cascade Range. The southern half of the lake, surrounded by apple orchards, is fragrant with blossoms in the spring. In the fall, some of the country's best apples are harvested here. The waters in this end of the lake may reach 75 degrees in the summer, making it ideal for swimming and water skiing.

To the north, accessible only by boat or plane, the lake reaches into the high, snowcapped peaks of the North Cascades. The air here is fragrant, the streams tumble over countless falls on their way to the lake and mountain goats scramble along the cliffs. A network of hiking and horseback trails lets you explore Glacier Peak Wilderness Area and the North Cascades National Park.

Lake Chelan State Park: Nine miles by road on the western side of the lake. It's large, well-kept and popular. There are 178 tent sites ($1.75 a night) and 25 trailer hookups ($2.25 a night), a boat ramp, diving platform, children's playground and changing houses.

Twenty-five Mile Creek Resort: A privately owned area ten miles farther up the same road. It has camping units and trailer hookups, a 60-foot heated pool and a boat dock.

Boat Camping: There are nine national forest and national park campgrounds ranging from one to nine units. They can be reached only by seaplane or boat (available in Chelan). You also can take the "Lady of the Lake" passenger boat, which leaves at 8:30 every morning from the Chelan city dock for the four-hour trip to Stehekin, a small resort community at the north end of the lake. It will drop you off at any one of these campsites. You put out a "stopflag" when you wish to be picked up again. The boat arrives back at Chelan every day at 5:30. Round-trip fee from Chelan to Stehekin is $7, children 6-11 go half-fare. Open all year; best from May through October.

For information write Chelan Chamber of Commerce, Chelan, Wash. 98816; North Cascades National Park, Sedro Woolley, Wash. 98284; Forest Supervisor, Wenatchee National Forest, Wenatchee, Wash. 98801.

Olympic Peninsula



Olympic National Park preserves a stunning region of northwestern Washington in its virgin state. Though encircled by Highway 101, and less than two hours from Seattle, some of the area remains the most unspoiled wilderness in the nation.

There are a variety of camping possibilities here. In the north, the Heart of the Hills road will take you past the park's visitors' center and mountain campgrounds at Hurricane Ridge for views of the glacier-carved peaks of the interior Olympic Range. Here, as at the end of all the 14 roads that pierce the area, you'll find trails leading deep into the rugged heart of the park. If you like boating and water skiing, you'll want to camp close to Lake Crescent in the north or Lake Quinault in the south.

To the west, you can camp along miles of forested misty beaches, where Pacific waves wash rocky headlands and tide pools. You can go surf bathing (the water is bracing), clamming, crabbing, smelting, bottom fishing—or you can just *Continued*

find a comfortable spot and watch the seals playing on the rocks.

In the broad valleys you walk through coniferous rain forests. Sounds are muffled in the campgrounds here by the lush mossy growth, and the sunlight is warm and green-tinted.

The 15 camping areas in Olympic National Park are quickly filled in the summer months. Nearby, 16 National Forest Campgrounds are usually less crowded. Sites are available on a first-come, first-served basis. Most have piped water, toilets and garbage disposal facilities. There are no showers, laundries, or trai hookups, but most of the campgrounds can accommodate trail Camping limit is 14 days. Open all year, but roads and cam grounds at higher elevations are closed from late fall to early spri

For maps and information, write Forest Supervisor, Olym National Forest, Federal Building, Olympic, Wash. 98501; Sup intendent, Olympic National Park, 600 East Park Avenue, P Angeles, Wash. 98362.

High Uintas



The Mirror Lake region of the Wasatch National Forest, a two-hour drive east from Salt Lake City, offers splendid high-country camping. Take Highway U-150 at Kamas. It will bring you into the heart of this land of a thousand glacial lakes, aspen and pine forests, mountain meadows and trout streams. Mule deer, elk and Utah's only moose herd are residents here.

It is deceptively rugged country. Some of the campgrounds are located over 10,000 feet in altitude. A little exertion can leave you breathless at first. Nights are cool, and you can expect short thunderstorms, usually in the early afternoon.

Trails lead into the adjacent High Uinta Primitive Area. (The Uintas are the only major mountain range in the country runn east and west.) This beautiful and inviting country offers bac packers, riders and climbers over a quarter of a million acres wilderness that has changed little since pioneer days. Utah's high mountain, 13,498-foot Kings Peak, is here.

The national forest contains 14 camping areas right off St Highway 150. Half of these will accommodate trailers, and m have tables, fireplaces, piped water and toilets. Mirror Lake, t largest campground, has a five-day limit. Season: June throu September. Write Forest Supervisor, Wasatch National Fore 4311 Federal Building, 125 South State, Salt Lake City, Utah 841

Flaming Gorge



In 1964, the Flaming Gorge Dam was completed across the Green River, turning a lovely wilderness section of eastern Utah and southwestern Wyoming into a popular recreation area. Today you'll find modern campgrounds, boat ramps and swimming beaches.

You can rent a boat and cruise smooth blue waters that reflect colorful rock cliffs, pinnacles and fanciful rock formations. Water skiing is popular. So are float trips through the incredible canyons of the Green River. (See "Wild Rivers" in the March 1971 issue of *Better Homes and Gardens.)*

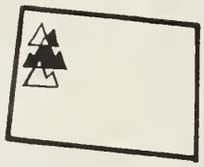
Stop by the Visitors' Information Center perched 1360 feet on a cliff above the waters of Red Rock Canyon. You can also tour the dam. In the southwestern section, you can see a million years of geological history on a 15-minute drive through the spectacular Sheep Creek Canyon Geological Area.

The recreation area holds 28 campgrounds offering distinctive different camping trips. To the north, in Wyoming, you'll fi desert-like camping in colorful, arid terrain. Many fisherm prefer this area, but the majority of the campgrounds are in Utal cooler Uinta Mountains. You can pitch your tent overlooking t lake or move higher up on the forested mountain campgroun where wild flowers abound in spring and summer.

The season runs from May through October, but September one of the best months in this area. Most campers have gon though you still have the company of sheepherders bringing the flocks down from the high country.

For complete camping information, write Area Director, Flar ing Gorge National Recreation Area, U. S. Forest Service, Bo 157, Dutch John, Utah 84023.

The Tetons



Less crowded than neighboring Yellowstone and Grand Teton parks, Teton National Forest provides a splendid camping experience in the forests beneath the craggy Teton Mountains.

Take to the trails. They'll bring you to lakes, waterfalls, wide meadows and forests of pine and spruce. The lakes and 1000 miles of streams harbor native cutthroat, brook and rainbow trout.

Wildlife-watching here is a daily event. Mule deer stare curiously at your camera. Elk are here by the thousands, and don't be surprised if you come face-to-face with a glaring moose. Golden and bald eagles and ospreys soar overhead. And so do hawks, ducks, geese, trumpeter swans, grouse and sandhill cranes.

For the experience of a lifetime, take a back-country trip into the 871-square-mile Teton Wilderness Area. You can go with one of the several-hundred horse owners packing individually or groups. Or you can backpack if you are in shape and want t experience the exhilaration of wilderness camping.

The ten developed campgrounds in the forest, from five to 5 units each, have fireplaces, tables, toilets and drinking water. Th largest, Granite Creek Campground, though isolated in the spe tacular scenery of the Gros Ventre Range in Hoback Canyon, not far from busy Jackson Hole. A natural hot springs swimmin pool close by has dressing rooms and bathhouse facilities. Ther also are showers at Granite Creek pool, though none are provide at the other campsites. Season: June through September.

For information write Forest Supervisor, Teton National Fores Jackson, Wyo. 83001. ■

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We also put in a new forward-facing third seat you get to from the side door. And we designed the rear end so you don't have to put money into an air deflector.

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Sewage pollution

Continued from page 24

into a safe, odorless fertilizer, which is then piped to abandoned farmlands on the outskirts to restore productivity.

On the other hand, the State of Georgia has set an example of how things should not be done. A $52 million treatment plant is needed to clean up the Chattahoochee River, which serves half the state's population. Atlanta is willing to put up its 20 percent share of the costs; its sewage creates most of the problem. But there has not been enough public pressure to persuade Georgia legislators to contribute the state's 25 percent. (The remaining 55 percent would come from the U. S. Government.)

Federal enforcement officials of the Environmental Protection Agency are now threatening the city with court action to force construction, but it's by no means certain that this move will succeed.

The lesson is clear: We will continue to drink diluted sewage, eat polluted seafood, swim at filthy beaches, and watch our wild waters die until raising taxes to pay for cleaner water makes politicians popular instead of spelling disaster for them at the polls. How soon that day comes depends on how serious we really are about our environment—for sewage pollution is an area where we can't blame anyone but us. ■

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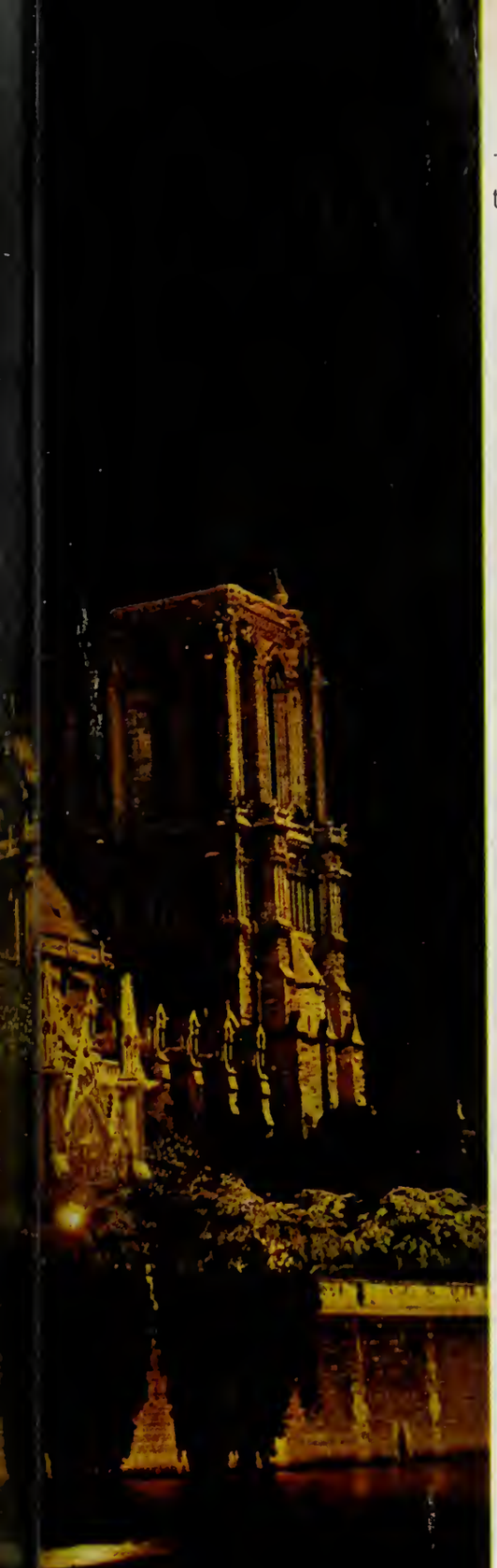
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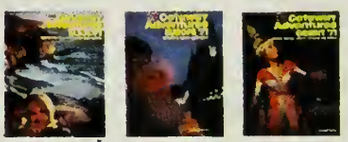


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Furring strips

Begins on page 16

over the old wall. Nail it together flat on the floor, and then raise it into position. Secure the frame with a few nails through the top plate into the ceiling joists. Fasten the bottom to the floor with concrete nails, or set some lead anchors into the floor and run in a few lag screws. Since your wall section won't be supporting anything but the paneling, you need only space the studs on 24-inch centers instead of the conventional 16 inches.



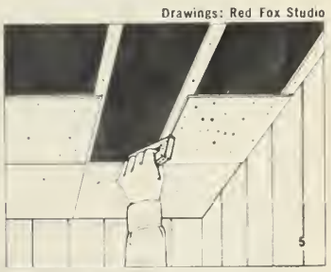
Add rigid or batt insulation before paneling (diagram 4).

With ceiling tiles, you might get by just gluing them to the old ceiling. But if your ceiling is in bad enough shape to warrant a real cover-up job, you'll probably need furring strips. Use ¼-inch plywood strips or 1x2s, depending upon the tile, nailed at right angles to the ceiling joists.

Space your strips so the edges of the tile will meet at each strip—you need strips running in one direction only, to fasten two edges of the tile. You can either glue the tile to the strips or staple them (diagram 5). Stapling is usually more economical, and you can probably borrow a staple gun from your tile dealer.

To panel around a basement

Drawings: Red Fox Studio



problem area, such as a water heater or furnace, simply box the area in with a 2x2 frame. Cover the frame with decorative paneling. Put one section on hinges for easy access to the utility units. ■







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A guide to household lubricatio

Your house has dozen ing parts—hinges, motors, doors, drawe ances and locks. Al some form of periodi tion to keep them quietly and efficientl while your regular mai chores are at low tide, time to take a trouble lubrication tour of th

DOORS, HINGES AND

If a door rubs against —but not badly enou quire planing or reh you can reduce friction bing a paraffin blo against the surface th signs of wear.

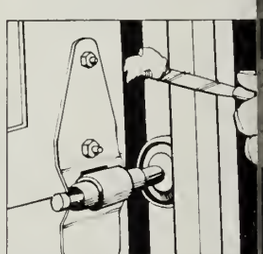
Spring shafts on st screen doors should be and lubricated with weight oil at least twic After oiling, ease in th opening and closing several times.

Doors that slide on wood or plastic tracks more easily if you rub t with paraffin or candle



For doors that move leys or wheels, apply co machine oil on movi and a coat of paraffi troleum jelly on meta

Your garage door w much more smoothly if ply a layer of heavy grea the door track. Move up and down to let th wheels thin grease out medium-weight machi lubricate guide wheel handle and garage hing



Hinge pins on doors easy to remove that i to take them out con for a thorough cleaning

NEXT MONTH

BARBECUE IDEAS, HOT OFF THE GRILL—Get your summer fun off to a sizzling start with this bonanza of reputation-making recipes. Try them all: spectacular special-occasion entrees, variations on barbecue classics and thrifty family fare that tastes like a million.

old oil first, then remove
igh spots or rust on the
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nd lubricate the hinge
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a hard paste wax to cov-
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very six months. Don't
to oil the crank, latch
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Completely submersible stainless steel, extra wide spout for easier cleaning, better coffee. Because a clean pot is so important to good coffee, we made our stainless steel coffeemaker completely washable. You can dunk it right into your sink. Or even your dishwasher! The extra wide spout is easy to clean. Can't trap stale coffee oils or old grounds (two things that ruin a pot of coffee)! That's why you get delicious coffee with Presto's Automatic Coffeemaker. Available in 9-cup or 12-cup sizes. You'll like it better every time you wash it!

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Fry Pans, Griddles, Can Opener/Knife Sharpener, Toaster-Broilers, Hot Servers, Corn Poppers, Deep Fryers, Toasters, Mixer, Spray-Steam Irons, Steam-Dry Irons, Cordless Toothbrushes, Hair Dryers, Portable Manicure Set, Portable Heaters, Humidifiers. National Presto Industries, Inc., Eau Claire, Wis. 54701.



NEXT MONTH

OUTDOOR LIVING, ANY WAY YOU LIKE IT—Set the stage now for the most enjoyable summer ever, right in your own backyard! To point the way, here are 12 pages filled with great ideas and projects: decks, patios, pavilions, outdoor furniture, playhouses and much more.

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Bryant Air Conditioning Company, Indianapolis, Indiana.



bryant®

The Great Indoors® People

How to care for dwarf fruit trees

Begins on page 58



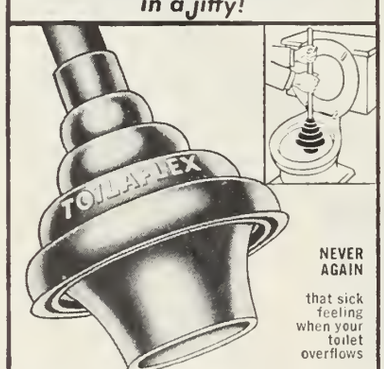
Plant, prune. Follow planting instructions that cor your fruit trees. Keep roots moist while waiting for portune time to plant trees in well-drained soil. Th monly arrive with a number of branches spaced aro center stem. Cut back each one, including tall cente third of its length and one-fourth inch above a bud. shoots arise during the next couple of years, select wide-angled limbs spaced around the center stem up with five or six for fruit bearing. Cut off all new shoots and cut the tall center stem back to the topmo angled limb. Your tree is now trained. After this, y need to do little pruning except to cut back new gr

Photographs: Hopkins



Mulch, water, feed. To enhance your landscape and trol weeds and conserve water, spread about two in tree bark or other attractive mulch. A 2x4 redwood around the planting retains the mulch and sharpens ance. By using a root-feeding lance, you can injec and tree food at the same time directly through the into the root zone. Use high-nitrogen fertilizer in the for three or four years after planting until trees are tablished and bearing. After this, very little feeding i cd but be sure to water during warm, dry weather fore soil freezes. For trees growing in a potting soil m feed with soluble fertilizer monthly until mid-July the amount recommended on label. *Continued on pa*

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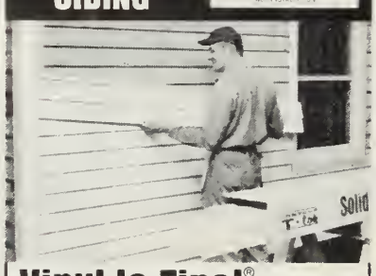
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Buying guide

Most of the products shown editorially in Better Homes and Gardens can be obtained in leading local stores. For more information, write the manufacturers listed. Some items are privately owned or custom made—thus are omitted from the product listing.

A diversified divider

Page 14 (left): Black glasses—Mittledorfer Straus, 225 Fifth Ave., N.Y.C. 10010. **Page 14** (right): Sterling coffee pot/tray/cream & sugar—Lunt Silversmiths, Greenfield, Ma. 01301. Candle holder—Vicking-Craft, 43 West 24th St., N.Y.C. 10010.

Father-son camping trip

Page 40 (top): Spatula—Ekco Housewares Company, 9234 W. Belmont Ave., Franklin Park, Ill. 60131.

Make yours a better home

Page 42: Refrigerator—Frigidaire, Dayton, Ohio 45401. Floor—Armstrong Cork Co., Lancaster, Pa. 17604. Wallpaper—Louis W. Bowen & Co., 27-35 Jackson Avenue, Long Island City, N.Y. 10801. **Page 43:** Furniture—Thayer Coggin, High Point, N.C. 27262. Light fixtures—Lightolier, 346 Claremont Ave., Jersey City, N.J. 07305. Brother and sister figurine—Austin Productions, Inc., 1637 62 St., Brooklyn, N.Y. 11204. Top black and white sketch and black and white picture on black material—Turner Mfg., 2309 S. Keeler Avenue, Chicago, Ill. 60623. Large red and white painting—Masterpiece Reproduction, Box 926, Hwy. 70-E, Morganton, N.C. 28655. **Page 44** (top): Server—Irwin Company, Grand Rapids, Mich. 49500. **Page 44** (bottom): Dining table chairs—Chromocraft, Inc., 1 Quality Lane, Senatobia, Miss. 38668. **Page 45** (top): Furniture—Henredon Furniture Industries, Inc., Morganton, N.C. 28655. Lamp—Wilmar Company, 311 Bruckner Blvd., Bronx, N.Y. 10454. Pictures—Catalda Fine Arts, 225 Fifth Ave., New York, N.Y. 10010. Bedspread—Normans, Salisbury, N.C. 28144. **Page 45** (bottom): Paneling around fireplace—U. S. Plywood-Champion Papers, Inc., 777 Third Avenue, New York, N.Y. 10017. Fireplace—Sears and Roebuck, 925 S. Homan Avenue, Chicago, Ill. 60624. **Page 46** (top right): Wallpaper—Columbus Coated Fabrics, Div. Borden Chemical Co., 416 W. 8th St., Los Angeles, Calif. 90014. Counter top—Formica Corporation, 2300 S. Eastern Ave., Los Angeles, Calif. 90022. Plumbing—Kohler Company, Kohler, Wis. 53044. **Page 49** (top): Medicine cabinets—Perma-Bilt Steel Products Co., 19106 S. Normandie Ave., Torrance, Calif. 90502. Woven wood shade—Melrose Shade Co., 6614 Melrose Avenue, Los Angeles, Calif. 90038. **Page 51** (bottom): Shag rug—B. Closson and Co., Cincinnati, Ohio 45200. Fabric for wicker chairs—Lavinia Lemon, 3207 Cleveland Ave. N.W., Washington, D.C. 20008. **Page 52** (top): Hand-carved panel under window—Forms and Surfaces, 1150 Coast Village Rd., Montecito, Calif. 93103. **Page 52** (bottom): Wall clock—Trend Clocks, Zeeland, Mich. 49464. **Page 53** (bottom): Folding door-wall divider—Rolscreen Company, Pella, Iowa 50219. Carpet—Sequoia Carpet Co., Anadarko, Okla. 73005. **Page 54** (left): Lighting—Lightolier, 346 Claremont Avenue, Jersey City, N.J. 07305. **Page 56** (bottom): Lamp—Carroll Sagar, 8833 Beverly Drive, Los Angeles, Calif. 90036. **Page 57** (top left): Mirrored bifold doors—U. S. Plywood-Champion Papers, Inc., 777 Third Avenue, New York, N.Y. 10017. Walnut paneling sheets—Stevens-Utica, J. P. Stevens, 1460 Broadway, New York, N.Y. 10036. **Page 57** (bottom): Rocker—Thonet, 1 Park Ave., New York, N.Y. 10016.

Do this if you don't like the view

Page 60: Pictures—Trevi Gallery Inc., 662 N. La Peer Dr., Los Angeles, Calif. 90069. Crystal trees—R. F. Brodegaard & Co., Inc., 225 Fifth Ave., New York, N.Y. 10010. Crystal ashtray—Pasco, 11 E. 26 St., New York, N.Y. 10010. Carpet—Armstrong Cork Co., Lancaster, Pa. 17640. Flooring—E. L. Bruce Co., Memphis, Tenn. 38101. **Page 61** (right): Chair and couch—Heritage Furniture, Inc., 1690 English, High Point, N.C. 27260. Plexiglas—Rohm and Haas Company, Independence Mall West; Philadelphia, Pa. 19105. **Page 62:** Picture—Catalda Fine Arts, Inc., 15 W. 27th St., New York, N.Y. 10001. Buffet—Tomlinson of High Point, Inc., 305 High Ave. W., High Point, N.C. 27260. Yarn—The American Thread Co., High Ridge Park, Stamford, Conn. 06905. Flooring—Armstrong Cork Company, Lancaster, Pa. 17640. **Page 63** (left): Lamp—Sears, Roebuck and Company, 925 So. Homan, Chicago, Ill. 60607. Wicker chests—Walters Furniture Imports, 991 2nd Avenue, New York, N.Y. 10022.

Recipes for springtime

Page 65 (top right): Luncheon plate—Block China Company, 25 E. 26th St., New York, N.Y. 10010. Plate with sauce bowl—Block China Company, 25 E. 26th St., New York, N.Y. 10010. **Page 66** (top left): Ceramic chicken bowl—Rosenthal China Corporation, 111 E. 76th St., New York, N.Y. 10021. **Page 66** (bottom left): Platter—Metlox Manufacturing Company, Poppytrail Artware Division, 527 W. 7th St., Los Angeles, Calif. 90266. **Page 67** (right): Cutting board—Bowl and Board, 2415 Broadway, New York, N.Y. 10024. Salad bowl—The Mort N. Marton Corporation, 81 Water St., Ossining, N.Y. 10562. Salt & peppers—Etco, 50-20 Ireland St., Elmhurst, L.I., N.Y. 11373. **Page 68:** Skillet & trivets—Dansk Designs, Inc., Radio Circle Rd., Mt. Kisco, N.Y. 10549. Salt & peppers, Etco, 50-20 Ireland St., Elmhurst, L.I., N.Y. 11373. Asparagus plate—Marsh Industries, 224 E. 16th St., Los Angeles, Calif. 90015. **Page 69:** Salad fork & compote—The Gorham Company, Division of Textron, Pittsburgh, Pa. 15228. **Page 70** (bottom right): Dessert forks—The Gorham Company, 333 Adelaide Ave., Providence, R.I. 02907.

Steak tartar

Page 72 (top): Fork, tabasco holder & worcestershire holder—International Silver Co., Subsidiary of Insilco, 500 S. Broad St., Meriden, Conn. 06450. Plate—Independence Ironstone & Glass, Interpace Corp., 240 Cherry Hill Rd., Persippany, N.Y. 07054. **Page 72** (bottom right): Wood board, Dansk Designs, Inc., Radio Circle Rd., Mt. Kisco, N.Y. 10549.

Vegetable salads

Page 77 (right): Salad plates—Franciscan Crystal, INTERPACE Corporation, 2901 Los Feliz Blvd., Los Angeles, Calif. 90039. Salad forks—The Gorham Company, 333 Adelaide Ave., Providence, R.I. 02907. Wine glasses—International Silver Company, 500 S. Broad St., Meriden, Conn. 06450. **Page 78** (bottom right): Server & salad forks—The Gorham Company, 333 Adelaide Ave., Providence, R.I. 02907. Salad plates—Franciscan Crystal, INTERPACE Corporation, 2901 Los Feliz Blvd., Los Angeles, Calif. 90039. **Page 78** (top right): All salad bowls—Etco, 50-20 Ireland St., Elmhurst, L.I., N.Y. 11373. Salad servers—Catherineholm Sales Corporation, 299 Westport Ave., Norwalk, Conn. 06851. **Page 78** (top left): Server—The Gorham Company, 333 Adelaide Ave., Providence, R.I. 02907. **Page 78** (bottom left): Dressing bottle—Imperial Glass Corporation, Bellaire, Ohio 43906.

Chinese egg rolls

Page 80 (bottom): Rectangular board—Bowl and Board, 2415 Broadway, New York, N.Y. 10024. **Page 80** (top): Orange plate—Bovano, Cheshire, Conn. 06410.

Step by step to perfect pan-fried chicken

Page 82 (center): Tongs—Foley Manufacturing Company, 3300 N.E. Fifth St., Minneapolis, Minn. 55418. **Page 82** (bottom): White skillet w/yellow lid—Wear-Ever Aluminum, Inc., 1089 Eastern Ave., Chillicothe, Ohio 45601.

Soups you serve cold!

Page 87 (top): Plates & mugs—Bennington Pottery, 324 County St., Bennington, Vermont 05201. **Page 87** (middle): Soup bowl & icer—Paul A. Straub & Co., Inc., 19 E. 26th St., NYC 10010. Small soup bowls & icers—Frederik Lunning, 225 5th Ave., NYC 10010. Fork—International Silver Co., 500 S. Broad St., Meriden, Conn. 06450. **Page 87** (bottom): Plates & bowls—Fitz & Floyd, 2040 Dallas Trade Mart, Dallas, Tex. 75207.

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Better Homes and Gardens, Dept. 2S0
P.O. Box 374, Des Moines, Iowa 50302

How to care for dwarf fruit trees

Continued



Protect from rodents. The trunk is the most vulnerable p of the tree. Rabbits love to eat the bark over winter, and gnawing clear around the trunk they can kill a tree. Prot the trunk with a wrap from the day you plant the tree. special commercial tree wrap is available at garden cente Let the wrap extend from two inches below the soil level to the bottom limb. Once a year loosen the wrap as t trunk expands. Replace wrap when old one deteriorat This or similar protection will also control apple tree b ers. Pressurized cans of rabbit repellent are available spray lower limbs. If field mice are around, collar the trun with fine wire mesh sunk three inches into the soil.



Control insects and disease. To produce clean pest-free frui use one of the multipurpose fruit pesticides available garden centers. Follow precisely the directions on the co tainer label. Apply with a trombone, as above, or a garde tank sprayer. Have the pesticide and applicator on hand i early spring to be sure the first spray is applied at the co rect time. Then repeat at regular intervals as stated on th label until about six applications have been made. To mak sure the pesticide solution spreads out over the tree surface and sticks even if it rains, buy a multipurpose pesticide co taining spreader-sticker. Or, if that isn't available, buy th spreader-sticker separately and add as directed. A matur dwarf tree takes about a quart of spray for coverage.

tting the st out your m air nditioner

hot weather arrives, ire your room air condi- s in tip-top condition.

Maintenance

used a plastic cover to the exterior of the air ner, remove it and clean efore storing. If it needs g, do it now.

ve and clean the air ner filter according to commendations of the cturer. This might be the buy a new filter if the has been washed too mes. Filters pick up pol- st, dirt and such, and be thoroughly cleaned very two months when in use.

h for signs that tell you e air conditioner needs Water running out the f the casing means a drain. Excessive noise s a loose fan belt or a hat needs lubrication.

ntive maintenance is nt, too. Have the con- and evaporator cleaned ired, and the fan motor n bearing oiled. Check cturer's instructions for g these areas. The thick- the seal around the in- n should be inspected at e time.

should inspect the cord yed areas and make sure conditioner is properly ed. Wipe inside and out- the casing to remove any d dirt that has accumu- uring the winter months.

Efficient Use

et the most from your air oner:

to use it at the beginning hot weather season.

ot stop it and open win- n a mild day or cool eve- The unit will lose control indoor heat and humidity ill have to work much when started again.

ot use the conditioner on me circuit with another rrent appliance such as a , coffee maker or iron.

not to let the room be- xcessively hot. More time required to make it com- y cool because of the heat in the walls and furniture. the shades and draper- sed on all windows and not protected from the d on those where the eat is reflected from a drive, patio or unshaded porch.

- Use a kitchen ventilating fan while cooking. To keep the heat in the kitchen, close the doors to the rest of the house. Open a kitchen window to replace the air removed by the fan.
- Do cleaning jobs that require water, such as mopping and washing windows, during the coolest part of a warm day. These chores release moisture faster than the air conditioner can remove it from the air.
- Keep the bathroom door closed when bathing. Then open the door slightly and ventilate the moisture-laden air to the outdoors with a fan or open a window slightly.

These tips for efficient use of a room air conditioner also apply to a home with central air conditioning.

The balance of nature is predicated on the fact that one thing dies so that another may live.



DIABROTICA BEETLE is a midsummer visitor. Feeds on many flowering plants as well as vegetables. Sometimes called the Cucumber Beetle. Larvae feed on the roots of plants.



APHIDS like the juicy new growth of almost any plant. They curl leaves, stunt and destroy growth, excrete sticky honeydew. A few soon become a hoard.



CATERPILLARS come in all colors and sizes, become moths or butterflies. Many are voracious leaf eaters. Some fold leaves, some build tents, some are perfectly harmless.



MITES damage leaves and turn them pale. They can also cause the leaves of plants to turn yellow with minute, paler yellow specks. They suck sap from underneath leaves and may go unnoticed.



THRIPS have mouths equipped to scrape and rasp. They scar and streak foliage, can deform buds so that flowers never open. Thrips are tiny, but the result of their work is all too easy to see.



LEAF MINERS are the larvae of many different kinds of insects tunneling inside leaves. They come from eggs laid on top of or just inside leaves by flies, moths or sawflies.

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Mag. Table 16"x21"x23" (no mahog.)	holds 100 magazines	$21.95 Exp. Chgs. Col.	Kit $16.95

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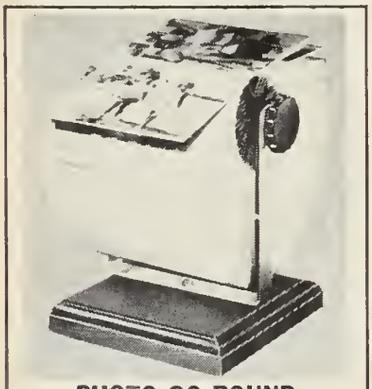
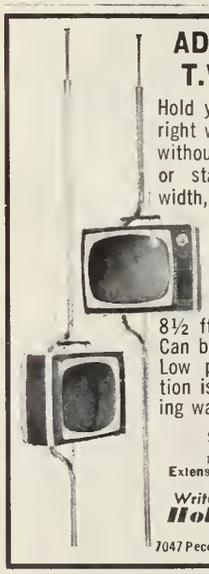


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By Nina Wei



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Simply remove the base and i sert your own decoration—a sna shot, stamp or coin, medal, cli ping—anything that gives yo pleasure! Slip it in or glue it o the suede-like disc; round clea glass dome magnifies content dust-free. Base is 3"; #764 $3.50 each, 2 for $6.85. Orde from Downs, Dept. 1205, Evan ton, Ill. 60204.



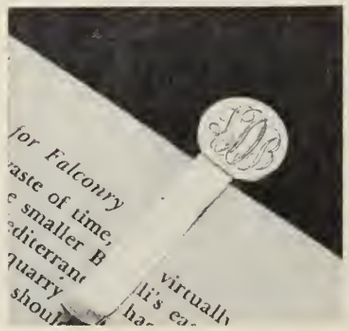
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Make Father's Day extra happ with this handsome desk marke which features his name. Can b more special with second lin such as "Golfer of the Year." U to 20 larger letters each line, 3 smaller. 24-kt. gold-leaf letterin 8½" x 2"H. Order KG4. $3.95 $1 for add'l line. 45c post. Spea Engin., 3057 Spear Bldg., Colo rado Springs, Colo. 80907.



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Three elegantly engraved initials on a silver or gold bookmark clip to slip over the top of the page to hold your place. So handsome, s handy! The perfect gift for you favorite reader. Underline las name initial. Sterling: $4.50. 14 Kt. gold: $27.50. Plus 25c post Order from Holiday Gifts, Dept 405-P, 7047 Pecos Street, Denver, Colorado 80221.

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en berry plaques

orative set of paintings on linen show edible berries and ers authentically reproduced ll color. Look good enough to Framed in gleaming brass set in handsome, walnut fin- mahogany. Six miniatures are " high and wide, ready to be g. $4.98 ppd. Colonial Studios, t. LPE-16, 20 Bank St., White ns, N. Y. 10606.



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of Picasso's most treasured ks can now give you pleasure our home. Silkscreen on artist vas really looks expensive. Red, n, blue, yellow and orange a color carousel to any room. nds will admire your good e. 20" x 26". $5.95 plus 45c tage. Lambert Studios, Inc., t. BH-52, 910 No. La Cienega l., Los Angeles, Calif. 09969.



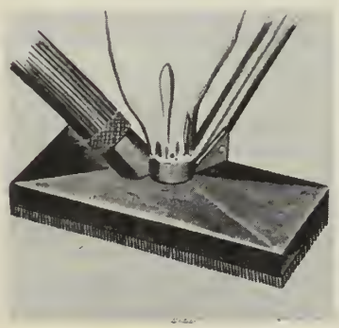
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moves dirt, grass and leaves n your pool. When attached to arden hose, water pressure ates a powerful chamber that ks up dirt in a porous bag. uum collects filth and allows nsed water to pass through. is removable for rinsing. With luminum handle. $5.98 + 85c t. Harriet Carter, Dept. BHG, nouth Meeting, Pa. 19462.



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Above: Clipper Ship Cutty Sark 23″ L x 15″ H. Complete kit with carved wood hull, sail materials, all fittings and mounting board $18.95 plus 75¢ shipping.

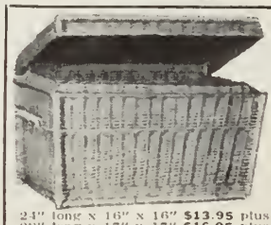
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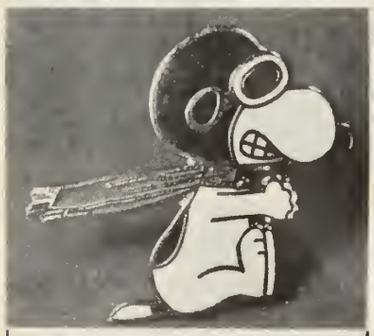
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Welcome friends to your h with this weather-resistant mat. Cheery vinyl in avoc brown, black or red with r white letters. 15″ x 25″. Fle vinyl points clean off dirt. draining. Specify color and n (maximum 17 letters and spa 2-4 week delivery. $5.98 Walter Drake, BH-22 Drake E Colorado Springs, Colo. 809



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THIS WOMAN IS REDUCING HER WAIST, TUMMY, HIPS AND THIGHS

with the Fabulous New ***SAUNA BELT***™

TRIM-JEANS

The Amazing Space Age Slenderizer that is so sensationally effective it is . . .

GUARANTEED TO REDUCE YOUR WAIST, TUMMY, HIPS AND THIGHS A TOTAL OF FROM 6 TO 9 INCHES IN JUST 3 DAYS OR YOUR MONEY REFUNDED



CYNTHIA BATEMAN: "I lost 13 excess inches and got a brand new figure in just 3 days—that's what trim-jeans did for me. I used the trim-jeans for just a few minutes each day for 3 days and lost 2½" from my waist, 2½" from my tummy, over 2" from my hips and almost 3" from each thigh—which had always been my most stubborn area. There were no diets to follow and trim-jeans made it fun, easy and incredibly fast. I'm absolutely thrilled with the way my figure looks now."

THIS SUPER PRODUCT IS PRODUCING SUPER NEW SLENDERIZING FOR A HOST OF WOMEN. HERE ARE JUST A FEW:

Miss Penny Dix: *"I used the trim-jeans just 3 times and took a total of 11½ inches off my hips and thighs and middle—7 inches the very first day. No dieting and my figure has never looked better."*

Mrs. Mary Lou Wilhelm: *"Following the trim-jeans program, I reduced my waist 2½ inches, my abdomen by 2 inches, my hips by 2 inches and my thighs by 2½ inches each—I ate normally—it took just 3 days—and the inches have stayed off."*

Miss Carol Arrighi: *"I used your marvelous trim-jeans a few minutes a day for 3 days in a row and reduced my waist from 26 to 24, my tummy from 31 to 29, my hips from 36 to 34 and my thighs from 23 to 21. My new measurements are just perfect for my height."*

TRIM-JEANS—THE SPACE AGE SLENDERIZER WITH RESULTS THAT ARE OUT OF THIS WORLD. The trim-jeans are a marvel of ease, comfort and efficiency. Once you have slipped them on, you are ready for the most astounding experience in rapid slenderizing you have ever known. **Only trim-jeans has the unique features of design, including the exclusive super sauna-lock that permits the constant snug fit and solid support in all 4 areas—waist, tummy, hips and thighs—without which truly sensational results are not possible.** We recommend that the trim-jeans be used a few minutes each day for 3 days in a row when you first receive them and then several times a week until you have achieved your maximum potential inch loss. After that, for maintenance you can use the trim-jeans about twice a month or as often as you feel the need.

THE MOST REVOLUTIONARY GUARANTEE IN SLENDERIZING HISTORY. So many users of the trim-jeans obtain 'instant reducing'—are inches slimmer, inches trimmer in from just 1 to 3 sessions with this super slenderizer—**are actually losing as much as a total of 7 or more inches from their waists, tummies, hips and thighs in just 1 session and up to 13 or more inches from 3 sessions.** This principle produces really fantastic results. There may be variations of speed and/or degree of results due to individual differences in metabolism and body response. Not everyone may lose 7 inches in just 1 session and 13 inches in 3 days but remember this: No matter what your metabolism, no matter what your body type, **if you do not lose a total of from 6 to 9 inches from your waist, tummy, hips and thighs in just 3 days, you may return the trim-jeans and the entire purchase price will be immediately refunded.**

© Sauna Belt Inc. 1971, P. O. Box 3984
San Francisco, CA 94119/Pats. Pend.

Here is how it works:



Mrs. Cynthia Bateman has slipped into her trim-jeans and is inflating them with the handy little pump provided. She is now ready to perform her 'Magic Torso' movements, an exercise program designed specially for trim-jeans.



After a few pleasant moments—about 10 minutes or so—doing her 'Magic Torso' movements, Cynthia is now relaxing for an additional 20 minutes while keeping her trim-jeans on. That is all there is to it.



Cynthia checks her 'after' measurements. Remarkable! **Cynthia lost 2½" from waist, 2½" from tummy, over 2" from hips, almost 3" from each thigh for a total measurement loss of 13" in just 3 brief sessions.**

THE AMAZING TRIM-JEANS TAKE OFF INCHES WHERE THEY NEED TO COME OFF. Your trim-jeans are designed to give you just the reducing effect you need where you need it . . . and the price of the trim-jeans is just $13.95 and each pair carries a FULL MONEY BACK GUARANTEE. Here is the slenderizer supreme—trim-jeans—which we sincerely believe to be the easiest, fastest, most convenient, most sensationally effective waist, tummy, hip and thigh reducer ever discovered—with the most revolutionary guarantee in slenderizing history. So if you want trimmer, slimmer, sleeker measurements and you want them now, send for your trim-jeans today.

TRIM-JEANS, P.O. Box 3984, Dept. BH-16, San Francisco, CA 94119

Please send me Sauna Belt trim-jeans along with complete easy to use instructions, including the 'Magic Torso' Exercise Program. I understand that if I do not lose a total of from 6 to 9 inches or more off my waist, tummy, hips and thighs in just 3 days I can at that time return the trim-jeans to TRIM-JEANS and receive my money back.

For each Sauna Belt trim-jeans and complete instructions I enclose $13.95.

Cash ☐ Check ☐ Money Order ☐ (No COD's)

If you desire *RUSH* Air Mail, add $1.25 for each trim-jeans.

Woman: Waist size _____ Hip size _____

Man: Waist size _____ Hip size _____

Name _____

Address _____

City _____ State _____ Zip _____



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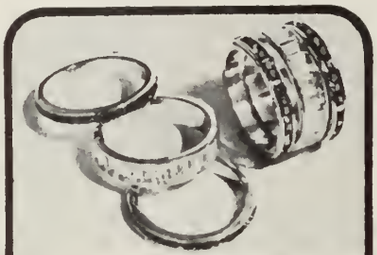
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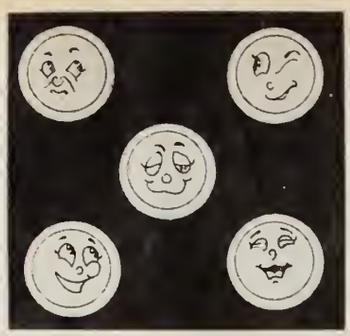
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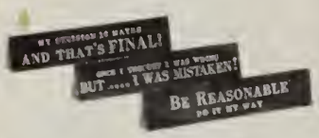
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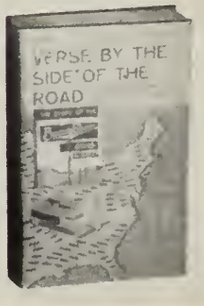
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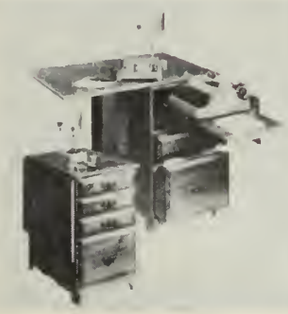
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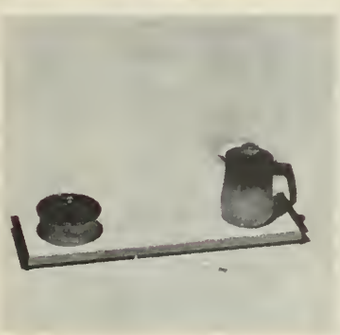
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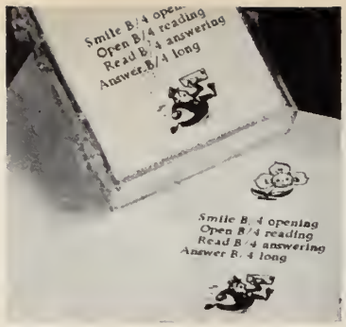
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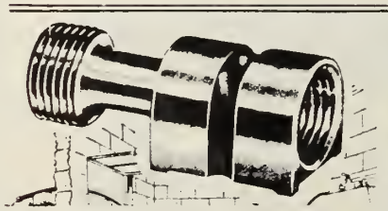
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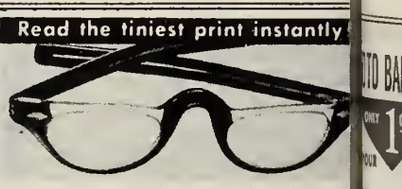
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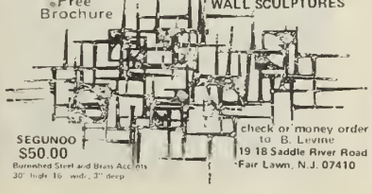


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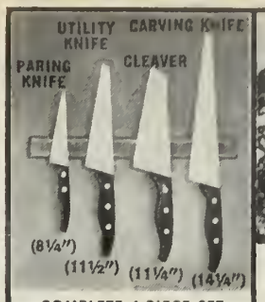
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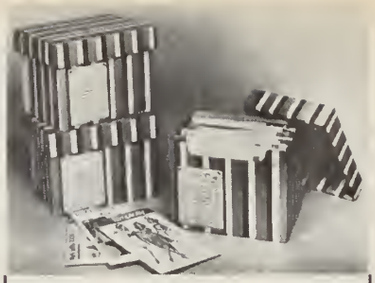


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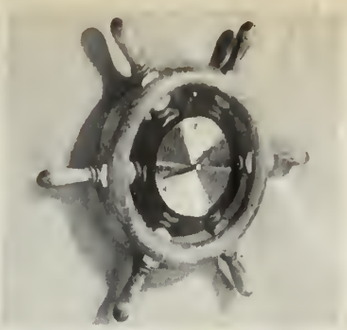


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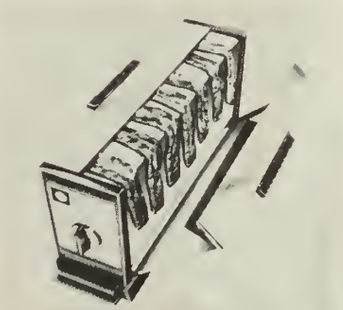
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The man next door

Rev. George Hall said he offered a little prayer the other day while planting his garden. "Lord," he said, "help me not to plant more than I can eare for."

"Do you realize," Christine mused the other evening, "that we were married so long ago we didn't even get one fondue pot as a wedding present?"

Police Chief Tillard agrees that the more things change, the more they're the same. The Lover's Lane he used to patrol is now the site of a drive-in movie.

Ten-year-old Judy clings to her ambition to be a nurse, yet her talent in wheedling allowanee increases should equip her ideally for a eareer in labor negotiation.

Elaine Cowan insists she isn't mueh interested in town gossip. She says she hears it first from the original east.

I liked the sign I saw on a garbage truck in our town: "We guarantee satisfaetion or double your garbage baek."

A reminder that age is relative eame from Judy, ten, as she looked at snapshots of herself as a baby. "Boy," she said, "I sure looked funny when I was young."

Mark, a five-year-old neighbor, was told the world looks different to him than it does to a eolor-blind friend. This prompted him to ask: "Well, whieh way is it, the way I see it or the way he does?"

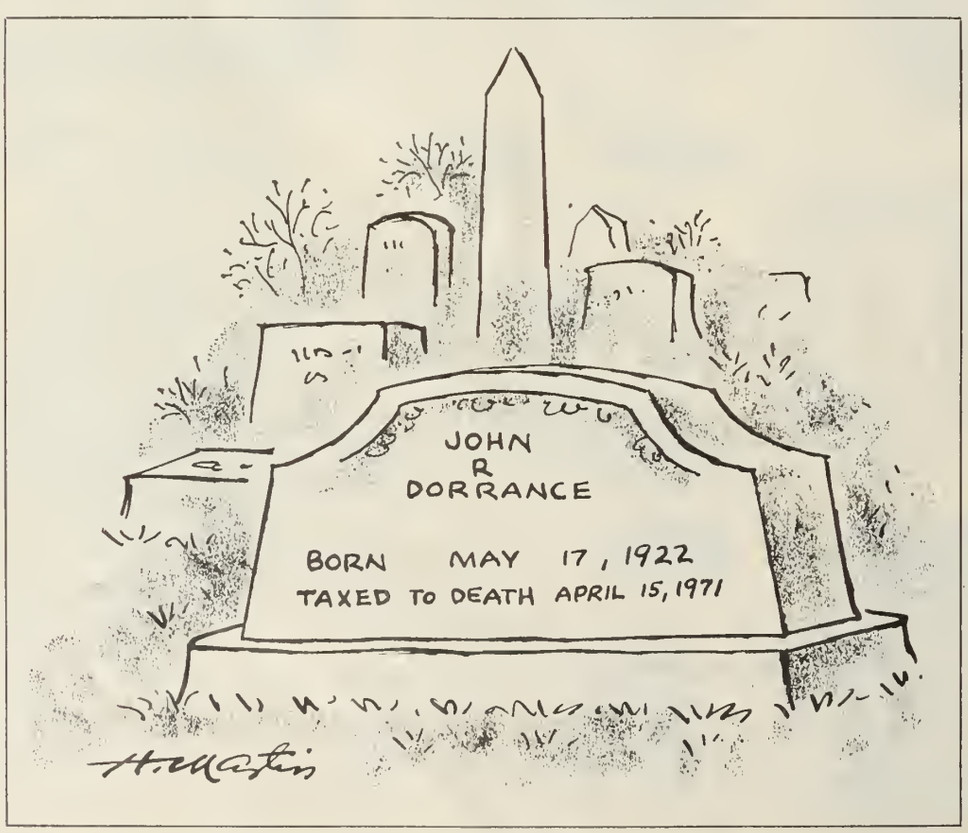
Rosemary says the hair-over-the-eyes style serves one useful purpose: "It keeps people from getting a good look at things they don't really want to see."

Although experts elaim it's sometimes dangerous to breathe the air around us, Unele Dodd Buekner says he's going to do his best to keep at it even if it hurts.

The new outdoor furniture takes on some strange and wonderful shapes, but nothing seems to suit the mood of an early summer evening quite like an old-fashioned poreh swing.

One of life's mysteries to Bill Clanton is why his ehildren, who are light eaters, suddenly beeome ravenous in a restaurant that features hamburgers for $2.85 and eake at a dollar a plate.

Family pienies should be a little livelier this year. Our environment-conseious ehildren refuse to let us swat any bugs for fear of disturbing the eeology.





"I told you no one could get along with her."

Dad Hillis recalls when he chose his food beeause he liked it. Now he fills out a mental eheeklist before he dares dig in: Will his bridgework approve? Cholesterol level? Calorie eount?

I lost a good friend reeently. Christine disearded my old yard-work trousers and replaced them with a brand-new pair. Now I have to think twice before I get on my knees, stuff dirty tools in my poekets or elimb a tree that needs pruning.

When I reeeived my bank statement in the mail last week, I noticed that an American flag deeal was ineluded in the envelope. An attaehed note explained it was a gift, given in the hope I'd put it on my car window. At first I was pleased.

Later, I began wondering if it was really the great idea it seemed to be at first. Showing off the colors on speeial oeeasions is something our family has always enjoyed. Yet having the Stars and Stripes eonstantly displayed on my ear seemed somehow out of step with our family's attitude toward the flag.

And what about the people who didn't have a flag deeal? Might I risk implying, however unintentionally, that they were somehow less patriotic than I? I deeided against the decal, feeling it was more a sign of eurrent political ferment than an expression of genuine patriotism.

Then too, it seemed Old Glory deserved something better than being dumped in the same elass with billboards and bumper stiekers, many of them bearing vaguely ominous messages like "America, love it or leave it." Used like this—or as a shirt on a bearded youth—the flag beeomes a politieal football rather than a symbol.

My family agreed. To us, pride in our country ean't be synthesized into a decal. Patriotism, like all ideals, must be something we feel within ourselves.

Burton Hillis

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OUTDOOR LIVING: how to make it better at your house

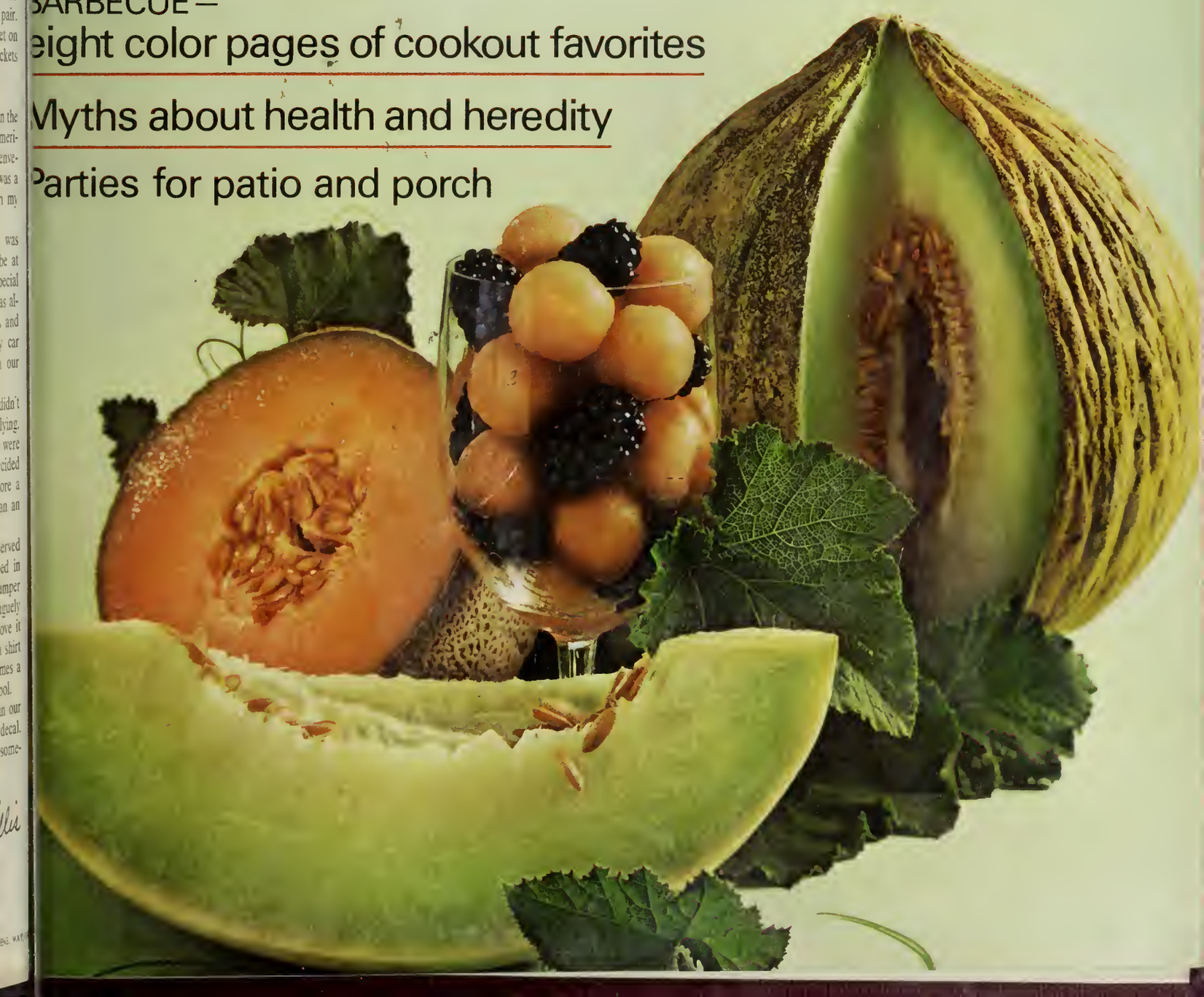
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How to get more living from the living space you've got

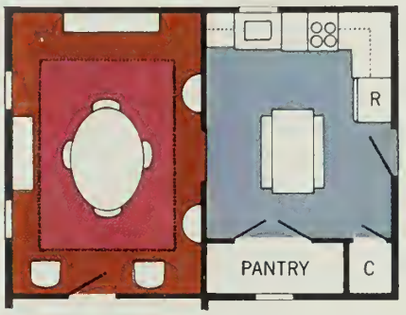
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When home gets a little too cramped for comfort, it's not so easy to up and move. So most people redo, redecorate, revive. That's the challenge we gave our Armstrong interior designers. "Here are two rooms," we said, "a small dark kitchen and a drab dining room. Make the most of them!"

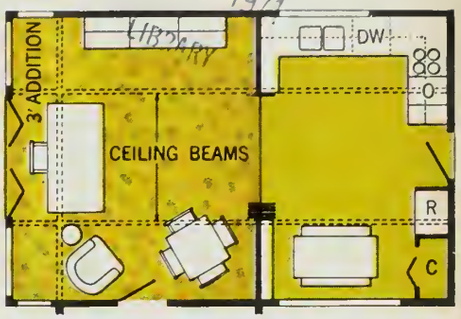
On these four pages, we'll show you how they combined the two small rooms into a beautiful, functional living center. How they got more out of the kitchen. And how they turned the old dining area into an ingenious convertible room.

Only part of their solution is structural change (see floor plans at right). The rest is imagination, decorative daring, and some exciting Armstrong products—floors, ceilings, carpets, and Thomasville furniture.

It all started in the kitchen with a new kind of floor that gives you a lot more than just good looks.



Before: Two too-small rooms. The kitchen and dining room.



After: A beautiful living center. More space. More light. More life.

More than just a sunny new floor Armstrong Solarian™ shines without waxing

You've probably heard claims about vinyl floors that are supposed to keep their shine without waxing. Armstrong has never made such a claim. We know from experience that any vinyl floor will begin to lose some gloss after a few months and require an occasional waxing to restore and maintain a shine.

For women who hate to wax

But we also know how much you hate to wax floors. So we set out to develop a totally new kind of floor that really would require *no wax* to keep shining and less work to keep clean.

The result is Solarian. And its secret is a major new development from Armstrong research called the Mirabond™ Wear Surface. Because of this entirely new formulation, Solarian will retain its gloss far longer than vinyl floors.

Tested in homes like yours

Armstrong has tested Solarian floors in the busy kitchens of actual homes for two years. With just occasional sweeping, damp-mopping—and no waxing—these floors are still bright and shining.

Most waxes won't adhere to new surface

Just as an egg won't stick to the new coated frypans, most waxes won't stick to the Mirabond Wear Surface. More important, neither will most spills or tracked-in dirt. Even black heel marks wipe right off this unique, new surface.

After several years of wear, there may be a slight lowering of gloss in high-traffic areas. You probably won't find it objectionable. But if you should ever need it, your Armstrong retailer can supply a special Solarian Floor Finish which you can use in these areas to restore and maintain the shine the way you like it.

As beautiful to look at as to live with

The "Palazzo" design shown here is one shining example of the many Solarian designs and colors. Want more information? See the box at the bottom of the next right-hand page.

To create a cozy dining area in the kitchen, our designers did away with the old pantry and let the sunshine in through a big bay window. They gained counter and storage space galore, added new appliances, and cabinets. (Notice how they had the cabinets patterned after the Thomasville storage units in the family room.)

The result? A bright, airy kitchen, opening into a beautiful, functional family room.

Here is the view from the kitchen the new family room. More space, e light, more living.

Now, on to Armstrong's convertible room

r design copyrighted by Armstrong

The Convertible Room: family roo



d/or dining room

The old dining room spent much of its life gathering dust. A waste of valuable living space. So, our designers transformed it into a room that's always alive. Most of the time it serves comfortably as a family room, but whenever the need arises, converts easily into this elegant dining room. To add space and make their convertible room as bright and airy as the kitchen, our designers replaced one whole wall with a big window alcove.

They also removed a big section of the wall between the two rooms. But for occasions like this, when no one wants to look at a messy kitchen, they installed a neat system of moving panels in the passageway. They hang from a track, concealed overhead, and slide into place in seconds.

The Armstrong products chosen for the convertible room had to be just as versatile—a lot more than just good looking.

More than just another ho-hum ceiling

Our designers knew just which type of Armstrong ceiling to use. It's one of our newest, designed for elegant rooms like this with more interesting textures and *without* the old "v-groove" joints between the tiles. Seams are less noticeable and the rich texture flows smoothly from wall to wall.

It has a truly elegant look. We call it, appropriately enough, a "Chandelier™ Ceiling". At the same time, like most Armstrong ceilings, the Chatham design shown is *acoustical* so it soaks up family-room noise. And any reasonably handy husband can install one himself.

More than just another pretty carpet

In choosing a carpet, the Armstrong designers asked a good bit. They wanted family-room informality *and* dinner-party elegance. And, of course, the carpet had to be tough enough to take on the kids.

"Flower Garden" was all they asked—and more. It's a brand-new Armstrong shag, with a shag's soft, deep warmth, in a whimsical flower print. Comfortable and pleasantly informal. But this shag is much more lush, much richer in character than the usual shag. It's truly elegant. What you might call "elegantly informal". Or is it "informally elegant"? In any case, it's made of extra-bulky continuous filament nylon, so it's pretty tough for a flower garden.

More than just beautiful furniture

To furnish their convertible room, our designers chose Brandywine by Thomasville (which, by the way, is part of Armstrong now). Brandywine is Early American from its burnished, glowing patina to its antiqued brass-finished hardware. And versatile? This elegantly set table, with an armchair, doubles as the roomy desk you saw in the family room. And the rest of the chairs are more frequently found around a game table.

The three Thomasville storage units hold a lot more than now meets the eye. Conveniently out of sight behind the doors are the books, the stereo amplifier, speakers, TV, and all other clues to this lovely dining room's other life. And the conversion takes a matter of minutes.

Here the view is just opposite of the preceding page—the ly room converted for formal dining—ing toward the kitchen.

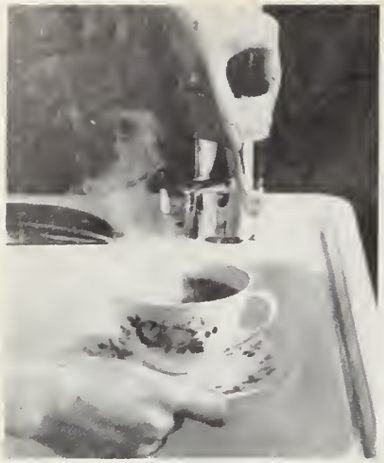


The whole project took a lot of work, a lot of imagination, and a lot of Armstrong, but when we'd finished, we had a beautiful, functional living center. If you'd like to get more living from your living space, we've got the products and ideas to help you. Floors, ceilings, carpets, and Thomasville furniture—all from Armstrong. See the box below for some more information on how to get started.

Armstrong products and ideas can make a beautiful difference in your home. For a full package of literature covering Armstrong floors, ceilings, carpets, and Thomasville furniture, write to Armstrong, 7106 Elm St., Lancaster, Penna. 17604.

Armstrong

CREATORS OF THE INDOOR WORLD



This puts the soup on.

The KitchenAid Hot-water Dispenser gives you 190° water at the turn of a knob. It's like having a built-in teakettle

Use it to make tea, instant coffee, hot soup; to get a fast start on cooking; to thaw frozen vegetables; to warm baby's bottles; to prepare instant foods and drinks instantly

You'll probably think of uses for it that even we haven't thought of.



This cleans up afterwards.

The KitchenAid Dishwasher-Sink is a dishwasher, a stainless steel sink and work counter, and a spacious storage cabinet with room for a KitchenAid disposer

So it's a complete clean-up center, yet it's just 48" wide.

Install a KitchenAid Hot-water Dispenser and your clean-up center will also help put the soup on.

If you want a KitchenAid Dishwasher-Sink or Disposer or Hot-water Dispenser or all three, see your KitchenAid dealer. He's in the Yellow Pages. Or write us for more information. KitchenAid Dishwashers, Dept 1RC-6, The Hobart Manufacturing Company, Troy, Ohio 45373.

KitchenAid
Dishwashers and Disposers
Hot-water Dispensers

Better Homes and Gardens®

THE IDEA MAGAZINE FOR BETTER HOMES AND FAMILIES — JUNE, 1971; VOL. 49, NO.

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THE OPEL 1900.
NO OTHER ECONOMY CAR (FOREIGN OR DOMESTIC) GIVES YOU ALL THIS.

Last year, Opel offered you one .gon, the Model 39, shown at rear. This year, Opel adds the 1900 wag-. It offers many things as standard ıipment that other small cars offer optional equipment. Or not at all.

For example, the Opel 1900 is the ɔnomy car with hydraulic valve ters, for a quiet-running engine and minating the need for adjustments ıt cost time and money.

The Opel 1900 has front power disc akes that help give you quick, ıooth, straight-line stops.

As standard equipment.

And the Opel 1900 has lots and lots room, too. The cargo area is fully rpeted, and the luggage compart-ɛnt is cleverly hidden. And please tice, the Opel has adjustable backs on its front bucket seats as standard equipment.

The Opel 1900 has a four-speed manual transmission.

As standard equipment.

And a three-speed, fully automatic transmission is available.

Things like wheel trim rings, chrome drip rails, window trim moldings and fancy vinyl upholstery can really dress up a car.

And they're all standard equipment on an Opel 1900.

But maybe you want an economy car just for the great gas mileage and easy handling. The Opel 1900 gets great gas mileage and we turn tight . . . 31.8 feet with only three turns of the wheel.

See all the Opel 1900s (1900 two-door sedan, 1900 four-door sedan, 1900 sport coupe, the zoomy 1900 Rallye and the beautiful 1900 wagon) at your Buick-Opel dealer's. Over 2,000 of them sell and service Opel from coast to coast.

While you're there, see the other Opels, too.

Available this year is a four-door sedan, in addition to a two-door sedan and an economy wagon.

And they've got many of the things the 1900s have.

Plus one other wonderful advantage —they're less expensive.

After you've seen all the Opels, if you can find an economy car that you think gives you more than Opel, congratulations.

You've done more than we could.



CK MOTOR DIVISION

Opel 1900 station wagon in antique bronze. (Opel wagon Model 39 shown at rear.)

BUICK'S FOREIGN ECONOMY CAR.

more auto insurance for LESS money

If you have a good driving record—which to most insurance companies means no accidents for three years—you can buy better auto insurance protection for less than you now pay. A little-known "Special Automobile Package Policy" is available from many companies.

WHAT THE PACKAGE INCLUDES

Single-limit liability. In many cases, this offers higher limits of protection than policies which carry three individual limits. For instance, a policy with limits of 50/100/20 will pay a maximum of $50,000 per person for injury or death resulting from an accident, with a maximum of $100,000 for all persons injured or killed in the accident. The $20,000 is the maximum property damage coverage per accident. There is no overlapping of coverage. Thus in an accident where one person won a judgment of $70,000 against you, you would have to pay the amount in excess of $50,000, or $20,000 in this case.

Under a $100,000 single-limit policy, any claim or combination of bodily injury and property damage claims up to the full amount would be fully covered. In the case of a single judgment of $70,000, you would pay nothing. The special policy is available with five common single-liability limits: $25,000, $50,000, $100,000, $200,000, $300,000. Higher limits are available from some companies.

In addition to liability, the special policy includes medical payments, uninsured-motorist coverage, accidental-death benefit, bail bond and loss-of-pay provisions.

- **Medical payments.** Coverage is for $1000, $2000, $3000, $4000 or $5000, depending on the liability limits you choose. To cut costs and thus reduce premiums, the special policy does not duplicate claims payments collectible from other sources. If a claimant is not paid from any other source or his medical expenses are not covered in full, the medical payments coverage of the policy will pay his loss up to the limits of the coverage. With regular policies, you pay extra for this coverage.
- **Uninsured motorist.** This coverage is for bodily injury you would be legally entitled to collect, usually up to $20,000, from the driver or owner of an uninsured vehicle or a hit-run driver. The $20,000 is single limit whereas regular policies normally are $10,000 per person, $20,000 per accident. The amount may vary depending on the financial responsibility limits specified in each state.

The uninsured motorist portion of any policy is widely misunderstood. It provides coverage only for bodily injury. It does *not* apply to property damage to the car or its contents.

- **Accidental death benefit.** You and your spouse are each insured for $1000 for death resulting from an auto accident. This benefit applies only to husband and wife and does not cover children or other family members.
- **Higher bail bond.** If you have to post a bond or bail for an accident or traffic violation, you are covered for the cost of bonds up to $250 per bond. In the family policy, the limit is $100.
- **Loss of pay.** You are reimbursed up to $25 a day for salary or wages lost when you appear, at the insurer's request, at a trial or hearing in connection with an accident; also for reasonable expenses. The family policy pays only expenses.

OPTIONAL COVERAGES:

The special policy also includes these extras if the optional collision and comprehensive coverage is purchased:

- **More "personal effects" coverage.** Items left in the car, like wearing apparel and luggage, are insured for up to $200 against fire, lightning, flood, falling objects, explosion, earthquake and theft of the entire automobile. The family policy limit is $100.
- **Towing and labor costs.** You are allowed up to $25 to get a disabled car moved or moving. With the family policy, you pay an additional premium for this coverage.

WHERE AND HOW TO BUY THE POLICY

Many of the largest old-line agency companies, as well as some mutual companies, issue it under their own brand names. Your present company may have it but your agent may not push it because it pays him a lower commission. The policy is not available in Texas, North Carolina, New Hampshire, Massachusetts and Puerto Rico because of legal technicalities. If you decide to switch to the special policy, start to arrange for it at least a month before your present policy expires. You must pay for it on or before the date it is issued. Also, renewal is by certificate rather than by a new policy, and is usually semiannual, sometimes quarterly. Premiums must be paid on or before the renewal date. However, most special policies can be reinstated if payment is received within 10 to 15 days of expiration date. Most regular auto policies do not have a grace or reinstatement period.

HOW MUCH CAN YOU SAVE?

The amount will vary from state to state and even within the same state. Savings can be up to 15 percent or more compared to similar coverage in regular policies. However, the special policy is not normally available to drivers under 21 who own and operate their own cars.

Small-tire care

The small tires on tent campers and boat trailers require special attention. Because of their smaller diameter, these tires rotate much faster than the larger diameter tires on the towing vehicle—up to 80 percent more revolutions per mile. This puts greater stress on the tires and results in greater heat buildup and accelerated tread wear.

Proper inflation is a critical factor. Small tires require higher inflation pressures than automobile tires, in some cases double or even triple the amount. Most small tires require at least 50 pounds pressure at maximum load; some sizes require pressures in the 90- to 100-pound range. Car owners and service station attendants may unwittingly inflate trailer tires to the same pressure as for car tires. The resulting under-inflation causes fast, uneven tread wear and can result in premature tire failure due to excessive heat buildup. Under-inflation can also cause handling problems: severe trailer sway, fishtailing and possible jackknifing.

Tire pressure should be checked before starting on a trip while the tires are cool. Never bleed air from a tire that gives a high reading after being driven. Pressure increases of up to 15 pounds are normal for small trailer tires operated at highway speeds.

Many trailer-tire failures are caused by overloading. The *Continued on page 96*

Who's 21 and who's 30?

(Their hands won't tell.)



Ivory Liquid helps keep hands young looking.





The 30-year-old is on the left. Mrs. Angelyn Tomei. Hard to tell her hands wash the family dishes. She uses Ivory Liquid and takes care of her hands.



Win one of Miracle Whip's

Your choice of Brussels plus Africa or a tour of four European cities

20 Grand Prize Winning couples also get $200 spending money, and have a chance to win a $500 cash bonus.



Fly Sabena's spacious new 747 jumbo jet to Europe. Stop in Brussels. Then, go on to Paris, Frankfurt and Rome. Or fly directly from Brussels to exciting Africa, to stalk wild game in Kenya. Take a photo safari from bustling Nairobi to primitive villages. Follow lush jungle trails to unexpected luxury in Africa's famous hotels. Travel round trip to Europe's four







loveliest cities . . . or fl
rectly from Brussels t
citing Nairobi, Afric
comfort. It's all pr
ranged by the world-fa
travel experts, Thos. C
& Sons for Kraft, ma
of Miracle Whip, Amer
favorite salad dressing

No purchase is required to enter or qualify.

KRAFT
Division of Kraftco Corporation

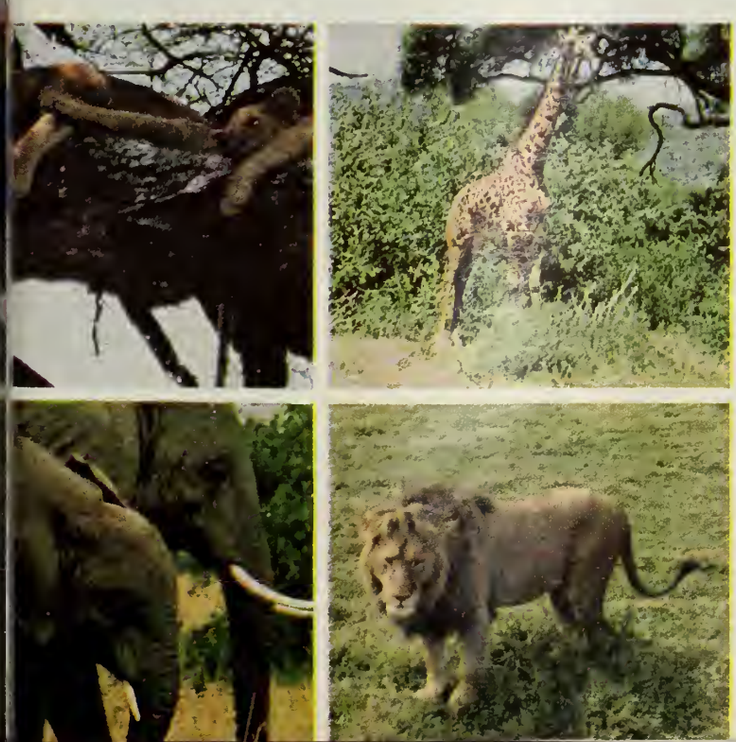


Luxuriate in elegant Belgian service aboard Sabena's spacious 747 Jumbo Jet

Continental service, planned by perfectionists with a special flair for making each passenger feel like a welcomed guest. Incomparable meals. Vintage wines. Attentive, but unobtrusive service. All in the most elegant new planes in the sky, Sabena's new 747 jumbo jets. Any questions? A charming Mademoiselle Sabena will be happy to assist you with your travel needs.

ream Vacations!

Sabena, Europe's most helpful airline!



Plus a Nikkormat FTN camera to capture it all on film.

Capture every adventure-filled moment on film with your brand new Nikkormat FTN camera. This precision 35mm reflex camera makes fine photography easy, with today's most advanced thru-the-lens metering system; action-stopping shutter speeds to 1/1000th of a second, flash-synchronized to 1/125th of a second; world-famous Nikkor lens... the same one used by most professionals.





See next page for entry blank and a host of other valuable prizes.

Miracle Whip's Dream Vacation Sweep

20 Grand Prize Winners can also win a $500 cash bonus. To win it, their winning entries must have attached (1) a major portion of a Miracle Whip label or alternate substitute, and (2) a blank sales slip or sales tag from any store which sells any of the prizes; or as a substitute, you may hand print the name of any of the prizes in plain block letters on a plain piece of paper.

NO PURCHASE REQUIRED TO ENTER OR QUALIFY



4 Second Prizes. Yamaha Electone B-4 Organs. The Yamaha B-4 Organ with new Spacious Sound Tremolo. The ultimate in tonal variations due to Yamaha's exclusive variable tone lever system. Solid state construction used throughout. Earphone jack . . . a very special extra which enables you to play without disturbing others. External jack . . . permits you to make a direct connection to a tape recorder. Full 2-keyboard organ with rich warm tones of simulated American Walnut. The only organ in its class with roll top key cover. An outstanding design.



4 Third Prizes. Yamaha 90 Street HS1-B. A new str with a new street spirit. A brand new concept of str with features formerly found only on sports models. 5-port twin engine. Sturdy tubular frame. Constant me transmission. Exclusive autolube automatic lubricatio Primary kick starting to permit starting in any gear. engineered for speed, flexibility and safety. Yamaha better machine.



15 Lawn Boy Grass Catcher Mowers. Only Lawn Boy operates with such fingertip ease and efficiency. Hi-Lo safety handle adjusts to most comfortable mowing angle. Light-weight mower cuts 21" swath and shifts to 6 cutting heights with a nudge of the lever. Offset wheels ride over uneven ground. Soundproofed 3½ HP engine designed exclusively for power mowing.



10 Magic Chef Gas Ranges. Automatic Cook and Keep Warm Oven. Cooks to perfection, then holds dinner at a gentle 170° until you're ready to serve. Even keeps roast beef rare for hours. Cooktop can be lifted to clean under burner area. Or it can be removed completely . . . so you can take it to the sink, where the cleaning is easy.



10 Samsonite 3-Piece Luggage Combinations. Ladie tifully styled Samsonite Fashionaire Luggage in sma Green. Sleek, pliable, strong. Fashion co-ordinated inte signed for more packability. Exclusive hidden locks, li nesium frames. Set includes 29 World Traveller, 26 Pull popular Petite-Tote.

RULES: 1. Send your name and address, together with a Miracle Whip label or a piece of paper 3" x 5" on which you have printed in plain block letters, written or typed the words, "Miracle Whip." NO PURCHASE REQUIRED. Missouri, Ohio, and Wisconsin residents send only name and address on plain piece of paper.

2. Mail entries to Miracle Whip Sweeps, P. O. Box No. 6797, Chicago, Illinois 60677. Enter as often as you like. Entry must be in a separate, stamped, addressed envelope. Entries must be postmarked by July 10, 1971 and received by July 20, 1971.

3. Winners will be chosen by drawing 10 days after close of Sweeps. First 20 names win a grand prize of a two-week's European tour for two, or a two-week's European-Africa tour for two. Grand prize winners may elect to choose either one of these tours. One tour only will be awarded to each grand prize winner. Prize includes transportation from hometown to hometown, and jet flight to Europe and Africa via Sabena Belgian World Airlines with meals on board, plus meals and hotel accommodations all prearranged for Kraft through Thos. Cook & Sons. Each couple receives $200.00 spending money.

4. Next four names win as second prizes—Yahama B-4 Organs. Next four names win Yamaha HS1-B Motor Cycles. Thirty-five additional names will be drawn for prizes in order of value.

5. Grand prize winners must take trip prior to December 31, 1971. If for any reason a winner is unable to take the trip, or to accept any part of any prize, no alternate, substitute or exchange will be made.

6. A $500.00 cash bonus prize will be awarded to each of the grand prize winning entries—which in a a major portion of a Mira label or alternate substitute cludes a blank sales slip or from any store which sells a prizes; or, as a substitute, hand print the name of an prizes in plain block letters o piece of paper. NO PURCH QUIRED TO ENTER OR Q

7. This Miracle Whip Sweep void in the State of Washing side the U. S. A., and where hibited, taxed, or restricted by state or local regulations. En of Kraft Foods, its advertisin cies, and the judging organiza their immediate families are gible. State, federal and oth imposed on a prize winner Sweepstakes will be the sole sibility of the prize winner.

MIRACLE WHIP SWEEPS
P. O. Box No. 6797, Chicago, Illinois 60677

☐ Enclosed is a Miracle Whip label or appropriate substitute according to Rule 1.
☐ Enclosed is a Miracle Whip label or appropriate substitute according to Rule 1, and—to qualify for the $500.00 cash bonus—a free sales slip or appropriate substitute as set out in Rule 6.

Name_____

Address_____

City_____ State_____ Zip_____



KRAFT

Miracle Whip Sweepstakes closes midnight, July 10, 1971. NO PURCHASE REQUIRED TO ENTER OR TO QUALIFY.

Division of **Kraftco Corporation**

ibachi appetizers



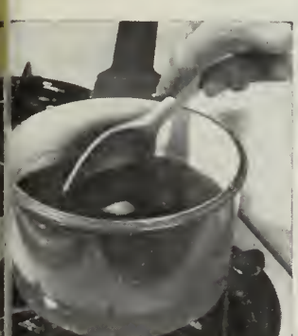
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Buying information, page 109

waiian Ginger Pork
petizers

ve over rice for an entrée next time—

cup soy sauce
cup water
cup chopped onion
cup sugar
cup dry sherry
ch piece fresh gingerroot, eeled and sliced
blespoon chopped green hilies
ove garlic, minced
blespoon cornstarch
blespoons water
ounds boneless pork, cut nto bite-size pieces
mbine soy sauce, the ⅔ cup er, the onion, sugar, sherry, gerroot, chilies and garlic.



Bring to boiling; reduce heat. Cook, uncovered, for 20 minutes. Combine cornstarch and the 2 tablespoons water; add to sauce. Cook till thickened.



Strain, discarding solids. Cool. Place pork in bowl; pour marinade over. Cover and marinate 2 hours at room temperature, stirring once or twice. Drain, reserving marinade. Thread about 3 pieces on each skewer; grill over medium coals for 12 to 15 minutes, turning and brushing with marinade. Makes about 15 appetizers.

WANTED: RECIPES MEN LIKE TO COOK

Men—share your recipe with us. We'll pay you $50 for it if selected. No food categories, no deadlines. Send your entry to "HE COOKS," P. O. Box 7, Des Moines, Iowa 50306. Recipes submitted become property of Meredith Corporation.





BODY
& CONDITIONING
EXPLAINED BY
BRECK

When you need body and conditioning, you need Breck. Because Breck gives you custom hair care

Firm Body: Breck Basic® Texturizer gives firm, crisp body to fine, thin, limp hair. Its special texturizing formula gives thicker texture for more body than you've ever had before. This no-rinse liquid gives you the new texture you need for truly firm body... a fuller, thicker feeling. Your hair becomes easy to manage... sets hold better, styles hold longer.

Softer Body: New Breck Basic Silk 'n Hold® gives more silkiness and softer-holding body to all types of hair. Instantly you have the perfect balance of body and silkiness, firmness and smoothness that you always wanted to get from one product. Your hair has added body, a silky new feeling and shine.

Deep Conditioning: Breck Satin® gives dry, brittle, or color-coarse hair the deep conditioning it needs. Because it brings back the smoothness and shine it's lost. Not a grease-heavy conditioner, Breck Satin gives your hair new smoothness, new sleekness, new shine. Makes your hair more manageable. Yet leaves your hair feeling clean and natural

©JOHN H. BRECK, INC., 1971





Beautiful Hair

BRECK®



wings to stop the winds

The "wings" of the wing chair were designed to keep out drafts, hold in the warmth of a blazing fireplace! We kept every charming true-to-tradition detail...a sweep of Queen Anne curves from its high arched back to its solid cherry stretcher base! Write for our 200-pg. catalog, just $2 to Pennsylvania House, Dept. BH671, Lewisburg, Pa.

Pennsylvania House



FlatLine is a registered trademark of Amerace Esna Corporation. Hose patent pending.

MYTHS ABOUT YOUR HEALTH AND HEREDITY

Ten years ago, no doctor worth his shingle would try to predict that you could develop a disease simply because your parents, grandparents—or even a distant uncle—had it. That's certainly less true today.

More and more, doctors are taking advantage of new knowledge about health and heredity to help prevent many diseases from ever starting, and to predict diseases in the yet unborn. In fact, genetic counseling, a relatively new branch of science, is considered by many to be the fastest growing area of clinical medicine today.

But one of the most important steps in understanding the link between health and heredity is to clear away some common myths and misconceptions. Each of the statements in bold type is often considered true. Actually, each statement is false.

"There are only a few genetic illnesses."

Wrong. There are nearly 1500 human ailments and abnormalities now known to be related to hereditary influences, and hundreds more are suspected. Diabetes is perhaps the most commonly recognized hereditary disease, but genetic links have been traced to heart disease, some forms of cancer, certain allergies, birth defects, blood diseases, rheumatic illnesses and kinds of mental retardation.

Few of these illnesses, however, are guaranteed because of a person's genetic makeup. In most cases, heredity simply predisposes a person toward a certain illness. Whether or not it eventually develops is then determined by the individual's lifestyle and environment.

"Genetic problems are too complicated to understand."

It is not always easy to find genetic links between health and heredity, but it can be done. An inborn disease or structural defect, or a high susceptibility to some type of affliction—anything you inherit that may weaken your health—is passed on from one generation to another through basic laws of genetic transmission.

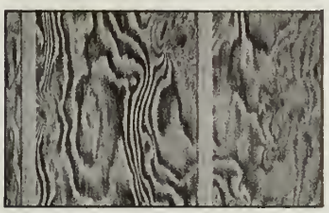
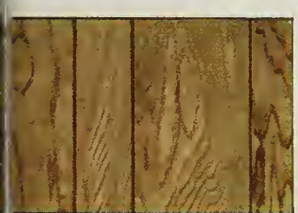
Here's how it works. Every physical characteristic, from most obvious to the most su is determined by one or pairs of genes attached in numbers to thin, stringy str of chromosomes somewhat beads on a necklace. One m ber of each pair is donate the father; the second al comes from the mother. Us the two genes are alike work together. But occasio they are not in agreement. gene from the mother may blue eyes, for instance, w the gene from the father brown. One or the other yield.

In this case, the baby's would probably be brown. is not because the father al overrules the mother; it hap the other way just as often. reason is that the gene for bl eyes is "strong" or domi (sometimes represented b capital G) while the gene blue eyes is "weak" or rece (small g). In the shorthan genetics, this is a mixed pair, in which the domi member is expected to pre

As far as the baby's own pearance is concerned, it m little difference whether he ries two dominant genes (or a mixed genetic pair (G gG); in either case, his would be brown. But a ge tion hence, when each pair arates and one gene but not other is passed on to *his* dren, the odds for selectio the genetic pair is mixed, ar ways 50-50. It's exactly like ping a coin.

Depending on how comm recessive gene is in the po tion, its influence can be pressed for generations. fortunately, the genes that tribute directly to poor he are often both recessive rare. The small number of lictions caused by domi genes are generally more p than recessive-gene diseases, for that reason are somet self-limiting. Often they r in miscarriage or stillbirth, a child who is permanently capable of reproduction or dies before reaching puberty

What complicates this ap ently simple basic scheme is reality does not *Contin*

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HEALTH AND HEREDITY *Continued*

rigidly conform to it. Genes that are theoretically dominant, for instance, don't always behave that way. "Dominant" and "recessive" are only terms of convenience, by no means absolute. Actually, the comparative strengths of genes is infinitely varied. Sometimes a "recessive," for unaccountable reasons, manages to prevail over a "dominant." And frequently the choice is more than simply (G) or (g). Eyes don't have to be either brown or blue, they can be gray, green, or perhaps even albino.

"Genetic problems never strike twice in the same place."

Doctors often said this to console parents of a child afflicted by some inherited defect. Their reasoning was erroneously based on the laws of probability: since only one child in a thousand is born with clubfoot, parents who already have had one baby with that defect would surely be spared by the odds from having another.

Unfortunately, many couples encouraged by that logic soon learned that inherited traits are determined by the genes, not entirely by random chance. Genetic lightning can and does strike the same family twice—or more times, if given the chance. In the case of clubfoot, parents with one afflicted child run a much higher risk than the general population—it is estimated at somewhere between three and eight percent—that any subsequent child will have the same defect. The odds for each affliction are different, of course.

"Sterility cannot be inherited."

The statement is often considered a joke; after all, it's obvious that anyone who's sterile will have no children to pass the trait on to. But the fact remains that sterility *is* inherited in many cases—not from people who are childless themselves, of course, but from a mother and a father whose genes combine to create a condition that directly causes sterility in their offspring. Many people are confused about genetics in general because they visualize a particular trait as being "passed down" through generations in the manner of a family heirloom. It isn't as simple as that. Many traits, both good and bad, are inherited from persons who never possessed them.

"Genetic defects are usually caused by the mother."

This common belief is based partly on the mother's role as custodian of the baby during the nine-month period of development. And it's true that a large number of congenital defects can be directly traced to some "incident" during pregnancy. The mother may contract German measles, say, or take a drug that endangers the child. But congenital defects aren't always genetic. *Congenital means only what a baby is born with.* Problems that originate during pregnancy and after conception should not be considered hereditary. They are not transmitted through the genes—not to the baby in whom they appear or not to his own children later.

A genetic defect may be passed along by either parent or both of them. Any dominant trait can naturally be attributed to whichever parent carries the gene. It is as likely to be the father as the mother. A recessive trait, on the other hand, requires a double contribution which makes each parent equally responsible. A third category called "sex-linked" traits are always transmitted by the mother. Hemophilia is a well-known example.

These sex-linked traits have their roots in the basic distinction that makes females different from males. In 22 of the 23 pairs of human chromosomes both members of the pair are alike. If they are also alike in the twenty-third pair, the person is genetically described as XX—a female. In a male, this pair is called (XY). The Y chromosome, which always comes from the father, is much smaller than the X, which comes from the mother and carries a larger number of genes. Some of the "extra" genes on the X chromosome may be undesirable recessives. Pairing them off with another X chromosome, a

Continued on page 10



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To your dog's taste buds, Gaines·burgers® might just as well be regular canned dog food.

They're meaty and moist like canned.

They're full of nourishing vegetables, vitamins and minerals like canned.

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You can tell Gaines·burgers are more convenient because there's no can to open.

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There's absolutely no reason why you can't get into the swim of things this summer. And don't let your monthly period stop you. Solve that problem with Tampax tampons.

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Enjoy yourself. Get the protection and freedom you need this summer. Use Tampax tampons right from the start. They come in 3 absorbency-sizes: Regular, Super and Junior. One's just right for you.



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TAMPAX® TAMPONS ARE MADE ONLY BY TAMPAX INCORPORATED, PALMER, MASS.

GOOD NEWS

DOUGLAS M. LIDSTER New Products Editor



Take your kitchen outdoors, or bring a patio party in. This grill operates wherever there's a 120-volt outlet, and the temperature is thermostatically controlled.

Heat is transferred from the element to ceramic briquettes that cook your food just the way real charcoal does.

The aluminum walls reflect heat to cook evenly. Set the control at the desired temperature and you can cook a large roast without a rotisserie.

Electric Cocina Grill, by Portable Kitchens, $49.95 in appliance depts. Hamlin Products, Inc., Box 3703, Little Rock, Ark. 72203.



Home movies with sound can be almost as easy to make as silent films. Just connect recorder to the camera, position microphone and shoot.

At the processing laboratory, the recorded sound is transferred from the tape cassette to a magnetic strip on the film. Thus, you can edit without losing lip synchronization.

Synchronex Mark I Sound Movie System, complete as illustrated. $309.90 at photo dealers. Synchronex Corp., 635 Madison Ave., N.Y.C. 10022.



Clean up your roof line with this sleek TV antenna.

Two flat wings replace the tubular signal collectors of standard antennas, and the solid-state circuitry is sealed in a Cycolac housing.

The antenna can be used with either black and white or color sets on both UHF and VHF channels. Range is up to 40 miles from transmitter.

Just 46 inches long and six inches wide, the unit is compact enough to be mounted indoors by the set or in the attic.

Sensar Antenna, $49.88 with two-set power coupler at television dealers. Winegard Company, 3000 Kirkwood St., Burlington, Iowa 52601.



Fiddle-free tuning makes this portable AM/FM radio a joy to use. Just touch the signal selector and the tuner automatically locates and locks in on another station.

Fully transistorized, the radio has a push-button dial light, and operates on household current or four "D" batteries. A two-way power switch conserves batteries; use the low setting for local stations.

Zenith Royal B77T 16 Transistor Radio, $79.95 at Zenith dealers. Zenith Radio Corp., 1900 North Austin Ave., Chicago, Ill. 60639.



Protect records by checking stylus pressure with tone arm in playing position.

Just set the tone arm on this balance scale, slide counterweight until the reference bars align and read pressure.

Shure SFG-2 Stylus Force Gauge, $4.95 at hi-fi dealers. Shure Bros., Inc., 222 Hartrey Ave., Evanston, Ill. 60204.

Continued



The first dishwasher detergent for dry-hards. Electrasol.

Dry-Hards are tough-to-clean foods—like baked beans, eggs, oatmeal, sauces—that dry and cake and stick. And stick. And stick. To plates. On forks. Filming glasses. Electrasol, fortified with 20% more active cleaning ingredients than other leading dishwasher detergents, really removes Dry-Hards. Lets your dishwasher give you cleaner, brighter, film-free dishes.

Test proves fortified Electrasol's superiority against Dry-Hards. Bean Crock with Dry-Hard mixture of baked beans in molasses that was baked on for 45 minutes at 325°F, came out looking this way when washed in another leading dishwasher detergent.



Identical Dry-Hard baked-bean crock, but cleaned in Electrasol, fortified with 20% more active cleaning ingredients than other leading brands. Try Electrasol. It removes Dry-Hard soils, prevents them from drying into spots on dishes, glasses, silverware.



IF PRODUCT OR PERFORMANCE DEFECTIVE
Good Housekeeping GUARANTEES
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ECONOMICS LABORATORY, INC., St Paul, Minnesota



"Mother Goose, here, for Rubbermaid Bathtub Mats and Appliques"

"Three little men in a tub can be a very slippery problem.
But not with Rubbermaid Bathtub Appliques. Huh uh. Stick them on the bottom of your tub and Appliques hang on for dear life.
You'll surprise yourself with the wild, colorful designs you can make.
Then it's rub a dub dub in a much, much safer tub.
The same thing goes for Rubbermaid Bathtub Mats.
Take your pick. They're good, safe buys, if you know what I mean."



© 1971 by Rubbermaid Incorporated, Wooster, Ohio 44691



If you get paint on windows, this scraper takes it off in a hurry. Sturdy polyethylene holder positions blade a slight distance from interior window frame, insuring an unbroken seal between glass and frame.

The scraper uses a standard utility knife blade. A snap-on guard protects the blade—and your fingers—when the scraper is not being used.

Stanley Paint Scraper, 59 cents at paint and hdwe. depts. Stanley Tools, 195 Lake St., New Britain, Conn. 06050.



Use this flameless torch for projects where an open flame would be hazardous.

The 600-watt, quartz-bromine bulb produces temperatures up to 800 degrees—hot enough to solder copper plumbing or soften paint and varnish for easy removal.

The flameless torch thaws frozen pipes, ignites charcoal or fireplace logs—does any job requiring intense heat.

Torchlamp, $25 in hardware depts., Nine Co., Box 105, Richfield, Mich. 55423.



Clean your crystal chandeliers without drudgery and get delicate glass fixtures spot free with this spray-on rinse.

There's no need to disassemble the fixture for cleaning. Just spread a newspaper or plastic dropcloth under the fixture, spray on a heavy coat of cleaner and let drip dry.

Rinse removes dust, smoke film and cooking fumes. Leaves no residue to attract dirt.

Weiman Chandelier Rinse, $2.98 for 15-oz. can at department stores. Herbert Stanley Co., 8140 Ridgeway, Skokie, Ill. 60076.



Plexiglas projects are easy with these special tools.

The cutting tool helps you score and break the rigid sheets as easily as wood or glass. The special-purpose high-speed drill has a tapered point that eliminates chipping when you're drilling; sliver applicator puts the cement where it's needed, eliminating messy runovers. Strip heating element lets you bend and reform sheets.

Tools for Plexiglas, at building suppliers, paint, hardware and glass stores. Rohm and Haas, Philadelphia, Pa. 19

Automatic time controls on an electric range eliminate much guesswork from cooking.

Timed surface units, for example, can be preset to shut off automatically. You can't overcook a pudding or boil all the moisture out of a vegetable dish.

The oven control turns heat down when the roast or bake cycle is complete, and holds low setting till serving time.

Cook top lifts to expose spillover tray when it's time to clean around burners.

Kelvinator Ranges, at kitchen centers. Kelvinator, Inc., 1545 Clyde Park Ave., SW, Grand Rapids, Mich. 49509.

Continued

What does a man know about supergraphics?



For that matter, what do you know about supergraphics?

Probably more than you think. You know, for instance, that you can make a room look larger or smaller, depending on the color you paint it.

Supergraphics is using color and space to create an effect in a room. To put your personality into your home. If you like wild stripes, paint them up one wall and down the other. You can always change them tomorrow.

That's the beauty of Du Pont LUCITE Wall Paint. It makes it easy for a woman to change her mind. It never needs stirring and doesn't drip like ordinary paint. LUCITE goes on fast, dries even faster, and has such superior covering power that you can hide today's stripes with tomorrow's polka dots with no trouble at all.

And you have an exciting range of colors in wall paint and interior enamel to choose from, so you're not likely to run out of new ideas.

Take a good look at your home and see if there aren't some changes you'd like to make. If you'll do that much, LUCITE will make the rest easy.

LUCITE from Du Pont. It looks as fantastic on the wall as it does in your mind.



Lucite® Wall Paint

Look in the Yellow Pages for the LUCITE retailer nearest you. Or call 800-243-6000. Free any time, any day. (In Conn., 1-800-942-0655.)



The Shag of any color.

The name is Sears Matchmate.
The pile is Celanese Fortrel® polyester.
The price, under $10 a square yard.
And the color — any color you want!

You need new carpeting. You have your heart set on a lush, thick shag. But you're on a budget, and besides, you can't even find exactly the right color for your room.

Well, now you can have the carpeting you want. Sears Matchmate Shags are here. The largest collection of colors ever offered in one shag carpeting. Fifty decorator colors . . . dyed deep into a specially dense Celanese Fortrel® polyester fiber that wears well, cleans beautifully.

But those fifty colors are just the start.

Because, if one of our fifty Matchmate colors still isn't just what you need, bring in the color you want. And we'll dye your shade at no extra cost. That's right—your color or ours—Sears, Roebuck and Co. will charge under $10 a square yard. For the shag of any color!

Sears

CELANESE FORTREL®





Walls in this telephone corner are Marlite Barnwood Planks

You can do it.

You can remodel a room in a weekend or two with soilproof Marlite Planks.

Don't put off remodeling an outdated room because of time or money. Do it yourself with easy-to-install Marlite Planks.

Marlite Planks go up fast over old walls or new framing with ordinary carpenter tools. The tongue-and-groove joint conceals all fastening in the finished installation.

Choose from dozens of Marlite textures, colors and designs—all color-coordinated to make decorating easy. And Marlite plastic-finished hardboard panels have a soilproof, wash-and-wear finish that stays like new for years.

See your building materials dealer for full-color literature, or send 25¢ to Marlite Division of Masonite Corporation, Dept. 633, Dover, Ohio 44622.

MASONITE CORPORATION **Marlite®** plastic-finished paneling

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SPECIAL OFFER!

Get this 7¼" SKILSAW Power Saw with carrying case and extra blade for only $18.95 when you buy two or more cartons of Marlite Plank. A $43.95 value! At participating Marlite dealers. Offer expires June 30, 1971.



Concentrate on composition and let this camera handle its own exposure settings.

The light-sensing device sets the correct aperture. If there's too much or too little light for proper exposure, the shutter button locks until you correct the shutter speed.

Electronic flash unit is automatic, too. As you turn the range finder lever, the aperture automatically compensates for the light needed to photograph your subject.

Canon Canonet QL17, with flash and case, $149.50 in photo depts. Bell and Howell Co., 7100 McCormick Rd., Chicago, Ill. 60645.



Light up the outdoors in t color of your choice ith spiral cathode tube ya li that requires practica maintenance.

It works at about one ou the cost of an incan esc bulb of the same light utp Guaranteed for five yea

The light element, avila in 13 colors, is protecte by clear or frosted impac-resi ant plastic cylinder. Th o door lights are available n f styles, three finishes an fc brightness ratings.

Jet-Lite Luminaries, fr $96 at lighting suppli Lite National Sales Cor 6 13th St., Highland, Ill. 22





To keep your bedspreads neat when not in use, simply fold them back over this stand.

During the day, the unit fits snugly against the end of the bed. At night, just flip the unit up and drape the spread over it. It's also a convenient place for a weekend guest's lug

Constructed of brass-pl steel, it won't stain spre

Spread Stead, twin si $18.95, double, $28.9 furn. depts. Bette Bedde In 585 Newark Ave., Eliz N. J. 07208.

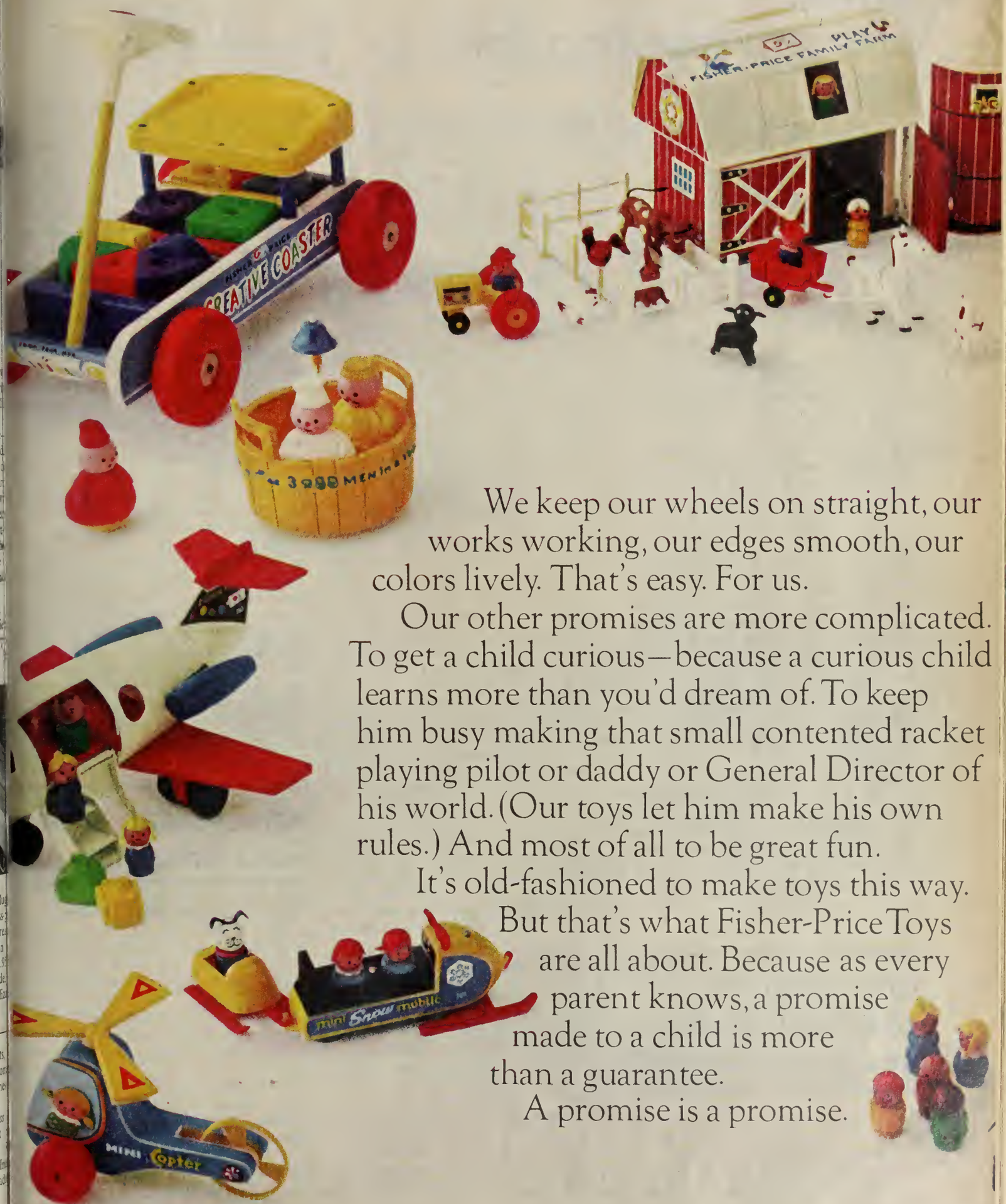
Next time you paint the exterior trim on your house, make sure that new look lasts. Use acrylic latex gloss trim enamel.

Gloss trim enamels don't chalk, so they won't leave streaks on your house after a rain. Since they dry in less than five hours, they lessen chances of rain ruining a new paint job.

Like flat latex paints, h new gloss enamels con tools, hands and clothes w soap and warm water.

Acrylic Latex Gloss E Enamels, from most pa paint manufacturers. ol and Haas Company, Inc dence Mall West, Philadel Pa. 19105. ■

Fisher-Price Toys keep their promises.



We keep our wheels on straight, our works working, our edges smooth, our colors lively. That's easy. For us.

Our other promises are more complicated. To get a child curious—because a curious child learns more than you'd dream of. To keep him busy making that small contented racket playing pilot or daddy or General Director of his world. (Our toys let him make his own rules.) And most of all to be great fun.

It's old-fashioned to make toys this way. But that's what Fisher-Price Toys are all about. Because as every parent knows, a promise made to a child is more than a guarantee.

A promise is a promise.

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When are you heading for REAL MONEY TROUBLE?

There are a number of economic danger signals you should watch for. By staying alert to these warning signs and taking action as soon as you spot them, you may avoid severe financial distress.

1 Do you have less than the equivalent of three months' take-home pay in a bank savings account or other asset such as stocks you can convert readily to cash without a big loss on your investment?

2 Has your regular family income remained static while expenses have accelerated? Do you have enough financial reserves to carry you through an unforeseen major expense—or a reduction in your income?

3 Have you been forced to dip into emergency savings to pay bills and meet routine expenses? Are you unable to replenish your savings quickly?

4 Do your installment loan payments add up to 20 percent of your monthly take-home pay? Does the installment debt figure continue to grow?

5 Are you constantly paying off a loan at the bank, the credit union or a loan company? Have you signed up for other loans while earlier burdens are still outstanding?

Any *one* of these warnings means it's time for a hard look at your family finances to figure out how you can realign your expenditures and income. If *three or more distress signals* apply to your situation, arrange to talk with your lenders or a financial counseling service.

How good is your insurance away from home?

You probably have more protection than you realize, but it's a good idea to go over your policies to find out if you need extra protection. (And be sure you arrange for payment of premiums that fall due during any trip you plan.)

Homeowners coverage. Your *personal liability* coverage is good anywhere for damage to someone's person or property (excluding car accidents). You're limited to $25,000 liability for each accident, but you can raise the coverage easily. Less than $10 extra will bring you $300,000 liability protection.

To figure your "off-premises" coverage on personal property for *fire, theft and other physical hazards,* you have to go through the following calculations:

1. You're covered at home for 50 percent of the amount on the dwelling itself. For example, a policy that covers the house for $30,000 gives you $15,000 protection for "unscheduled" personal property (that excludes certain items that are covered only up to a certain amount).
2. Away from home, you're covered for ten percent of the insured personal property—in the above case, $1500.
3. There's a minimum coverage of $1000, even though that may be more than ten percent of your protection, for all unscheduled personal property. (An $18,000 home, for instance, would otherwise provide only $900 off-premises protection.)

There are other limits that apply to at-home losses as well as those off-premises: $100 on cash or coin collection; $500 on stamps, securities and other valuable papers; $500 on jewelry or furs.

Your overall off-premises protection increases, of course, as you raise the face amount of your insurance. Let's say you are covered off-premises for $1200—ten percent of the personal property protection on a $24,000 homeowners policy. Here's how the away-from-home provisions work:

- Your motel room is flooded by a break in the plumbing, which ruins $375 in clothing and luggage. You're fully covered.
- A $700 fur coat, plus clothing worth $300, is stolen from a moving van. Your insurance will pay $800—$500 maximum on the fur coat, and $300 full coverage on the clothing.
- Your daughter's $300 hi-fi set is stolen from her room at college while she's in residence there. Any such loss up to $1200 is covered.

If you don't think your personal property coverage is large enough, you can add a "rider" to your policy, or take out "floaters" on specific items.

Auto insurance. You're generally covered anywhere in the United States—and in some of its possessions. Before starting on a trip, though, check with your agent to see if your liability insurance meets the financial responsibility requirements of the places you'll visit.

Your policy also covers you in Canada, but you need at least $50,000 liability to comply with provincial requirements. When you travel in Mexico, you must be insured by a company based in that country. If your own company is a member of the American Foreign Insurance Association, your agent can get you coverage through a Mexican company. Typical 10/20/10 coverage costs less than $2 a day. Or, you can buy the insurance at the border for a slightly lower premium.

Health insurance. With Blue Cross-Blue Shield, you're covered almost anywhere. If your policy is with a commercial company, check geographic limitations. Some companies require a "policy endorsement" for foreign travel, where they'll spell out exactly what's covered.

Whatever your policy, be sure to get receipts covering all hospital or medical care costs outside your area. That applies even to expenses in adjoining states.

Life insurance. In general, your present policy is good anywhere in the world. You may have problems if you want additional insurance, and are planning to live in an area presenting unusual health problems (like Southeast Asia). Some companies charge a higher premium, limit the amount, or even turn you down. In that case, you may be able to get term insurance for the duration of your stay; it depends largely on what you'll be doing.

How to shop for auto financing

Before you begin looking at cars, it's smart to shop around for credit. You're more likely to save money when you're aware of the available plans—and you'll be in a better bargaining position, too. Be sure to compare both terms and interest rates of each lender. Low interest rates *are* important, but you should also decide which repayment arrangement suits you best.

The Truth in Lending law makes it relatively easy to compare interest rates. All interest rates must now be stated as a true annual percentage rate, and must include all charges connected with getting credit. Compare these factors too: the amount of

Continued on page 107

What subject can turn the boudoir into a battlefield?

Money.

Let there be peace.

Why can't we manage to enjoy money? Because most of us don't know how to manage money. That's where Master Charge® comes in...

Where did the money go?

Let's start where the problem does...the end of the month. You've used a lot of different charge cards and charge accounts to charge a lot of different things. The bills pour in. You don't know what you've spent where. And just when you think all the bills are in and paid...*wham*...two more come in. With different billing dates.

You can eliminate this problem simply. Use Master Charge for all your purchases. At the end of the month...just one bill. One simple budget record of everything you've spent. Instead of writing 4 or 9 or 12 different checks, one check pays everything. And just one stamp to mail it in. Over the year it can save you time and money.

How to meet the unexpected

Another budget dilemma. Your income probably comes in regularly but there are always unexpected emergencies that knock your budget for a loop. With Master Charge you can take care of that emergency item now, even though you don't have the money, and pay for it when you do. The same principle applies to buying things on sale or out of season when savings can be substantial. To meet the unexpected, Master Charge offers you a fine, extended payment plan.

End the confusion

So today, get rid of all those charge cards, all those monthly bills, all those monthly checks. Get rid of all that confusion. Trade it for the simple life. Master Charge. One monthly bill...one card good in more places in the U.S.A. than any other card. And a Master Charge card is free.

Manage to enjoy your money...with Master Charge.

Now that you're making it, MANAGE IT!



©1971 INTERBANK CARD ASSOCIATION

Look for the Master Charge sign or this Interbank symbol ®

PESTICIDES:
USEFUL FRIENDS OR DEADLY ENEMIES?

The third in a series of articles

Some 3000 different insect pests compete with us for our food. Despite pesticides, they still manage to destroy one quarter of our crops each year. It's obvious that we must try to control these insects as best we can. If we didn't, we'd soon face food shortages and skyrocketing food prices—not to mention the threat of epidemics caused by insect-borne diseases.

This creates a terrible dilemma. Pesticides are poisonous. They have to be to kill. The problem is, how can we kill insects without harming our environment and ourselves? We are not yet in a crisis situation. But crises have a way of happening to those who are uninformed and ill-prepared. Pesticides are very much like drugs: they can do a great deal of good or a lot of damage, depending on how they're used.

Let's look at DDT. A persuasive case against it was made by the late Rachel Carson in her 1962 book, *Silent Spring*. More recent studies have described the "thin-



eggshell syndrome" in certain bird eggs and attributed this condition, which hinders reproduction, to the buildup of DDT in the fish, worms and insects eaten by birds. It's also been charged that DDT depresses photosynthesis and cell reproduction at the very base of the ocean food chain. And claims have been made that residues of DDT in the human body are connected with liver cancer, leukemia and high blood pressure, among other ailments. Some of these charges against DDT may be justified; most have not yet been proven. There is conflicting evidence for virtually every claim.

DDT, whose initials stand for dichloro-diphenyl-trichloroethane, is one of a group of chemicals called chlorinated hydrocarbons. It was first widely used as an insecticide during World War II. Since then its effectiveness against the anopheles mosquito has helped wipe out malaria in countries whose populations total roughly 550 million people. The World Health Organization (WHO) says that DDT has cut India's malaria death rate from 750,000 a year to 1500.

On the other hand, DDT is a "hard" pesticide—one that tends to persist in the environment without breaking down. Traces of it have been found everywhere in the world. It can also become highly concentrated in bird, fish and animal tissues as it progresses up the food chain. Its value as an insecticide is also declining: more than 150 species of pests have developed resistance to DDT. A number of states in the U.S. have banned the chemical. The Department of Agriculture has taken a moderate position in the controversy, pointing out that there is no medical evidence of increased DDT levels in the human body nor any widespread danger to fish and

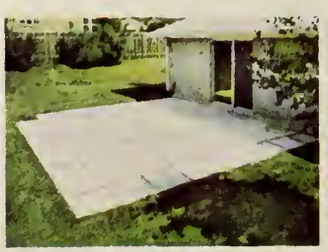
Continued

"We changed our patio from this to this inexpensively."





This is our original patio. Step by step, we made the additions below. (Costs are for SAKRETE Mixes only)*





LEFT—Patio extension, $65.
RIGHT—Seating wall, barbecue base and garden light planter, $4





LEFT—Japanese garden, field stone edging, waterfall and pool, $
RIGHT—Stepping stones and set 12 fence posts, $27.

Mr. and Mrs. Bart Willis of Dayton, Ohio found an easy, fun way to transform their small unattractive patio slab into a beautiful expanded outdoor living area, inexpensively. In their spare time, they made the patio additions shown at the right, with easy to use SAKRETE Cement Mixes. Cost of SAKRETE Mixes for all new construction shown was less than $200!*

You can add a lot of loveliness to your lawn and garden when you use SAKRETE Cement Mixes—and you'll have the pride and pleasure of doing the job yourself. They are completely blended, have the guarantee of quality on the bag and up to twice the strength of ordinary concrete. For the right results on any concrete repair or building project, start right with SAKRETE.

*Cost of stone, lumber, sand base and brick $255.

SAKRETE® *concrete and mortar mixes*

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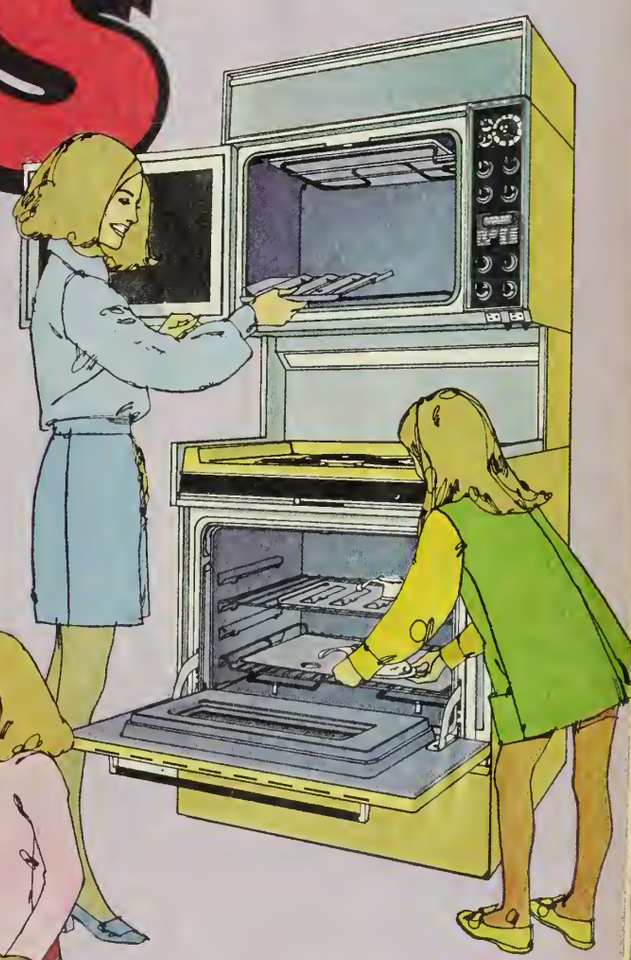
Hotpoint

SUMMER BONUS BUYS



Take advantage of these bonus features, right now, at your Hotpoint dealer. Put extra convenience into your housework during this Summer Bonus Buys event. (Event starts June 1st, ends July 10th.)

"Like two self-cleaning ovens in one."
Our Hallmark range gives you two-oven luxury in just 30" of space without the cleaning work. Removable panels and racks from the upper oven and drip pans from the range top can be put into the Pyrolytic self-cleaning oven below. Everything comes clean as new, electrically! This really is a Summer Bonus Buy in more appliance for the money. Model RHV-786.



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ou don't have to open the erator for ice. Just open the "ice take a few cubes or lift out the bin. And when you close the ox," it begins refilling atically. This Exterior Ice e feature comes in two of our -frost side-by-sides. They nore food space, and roll out sy cleaning. You always get value during the Summer Buys event with this unique e. Model CSF-24K.



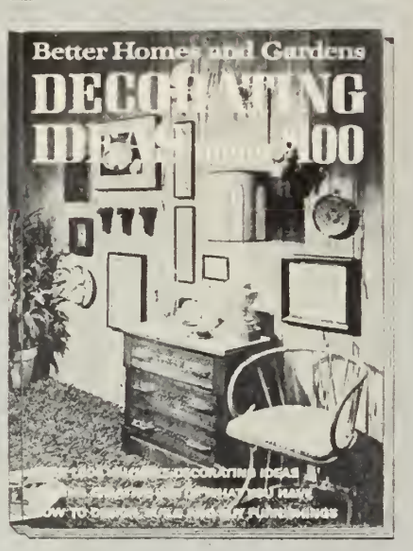
"Soaks Overnight, washes in the morning. Automatically."
Here's a soak cycle you don't have to wait around for. It soaks from five minutes up to as long as ten hours. Then it goes into the wash cycle of your choice with fresh, clean water and detergent—all automatically. The washer can give your clothes a double wash and double rinse with one setting. And it's porcelain enamel protected inside and out. Another real value from Hotpoint during the Summer Bonus Buys event. Model WLW-4950.

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Pesticides
Continued

birds. The Food and Drug Administration's monitoring program has also found the level of this and other pesticides in the American diet to be safe.

In the United States, at least, most uses of DDT are unnecessary. Yet it may be needed in special cases. In Maine, for example, spraying was discontinued and then begun again when spruce bud worms attacked forests. And in controlling insects that destroy cotton crops, there is no effective substitute for DDT.

As these instances have demonstrated, the pesticide issue is a complex one. On the one hand, it's claimed that DDT poses a threat to wildlife; some animals, fish and birds have been killed by it. But there's another side to the argument: one of the fastest ways to wipe out wildlife is to denude a forest, as the spruce bud worm can do if it's not controlled somehow.

DDT has been blamed specifically for the declining populations of some species of birds, including the bald eagle and peregrine falcon (or "duck hawk"). In truth, most of these birds started declining long before the introduction of pesticides, largely because our own encroachments into their territories destroyed their food sources and habitats. But pesticides may well be helping to speed their disappearance.

The harm to other kinds of wildlife may be exaggerated. Government data show that the harvest of game by licensed hunters and the catch of fish by licensed fishermen are both at an all-time high. One reason, of course, is that there are simply more hunters and fishermen. Still it's remarkable that, despite an increasing population, use of pesticides, great industrial growth and land development, all signs seem to indicate that most wildlife populations have remained relatively stable.

Even so, the case against DDT has been strong enough to cause a Federal action banning interstate sale of DDT for home, garden and many other uses. Appeals are now under way to allow it for certain industrial and agricultural uses. They should lead to a helpful airing of the problem.

DDT is only one of about 900 pesticide chemicals which have been formulated into some 50,000 brand-name products. What about some of the most toxic pesticides—systemics like disulfoton and phorate and the nerve poisons such as parathion and TEPP?

There is no doubt that these substances are dangerous. The key to safety lies in how they're handled. According to the Conservation Commission, the weight of expert opinion holds that humans are not likely to be harmed by careful use of pesticides—that is, if label instructions are followed to the letter. Unfortunately, that isn't always the case. We believe that both government and industry have relied too heavily on the theory that these chemicals are "safe when used as directed," when too often they are *not* used as directed. And too many people fail to read labels carefully, misread them, or simply don't understand them. Indeed, migrant farm workers who handle pesticides may be illiterate—what help is a label to them? Pesticide makers, like automobile manufacturers, can no longer afford to ignore the human shortcomings. Adequate safety must be engineered into the product.

Nobody really knows what damage the uninhibited use of pesticides could cause over the span of many years. The cumulative effect may be more than our environment—and ourselves—could cope with, and for this reason there is no doubt that at least the most long-lasting pesticides must be replaced.

Replacement does not have to mean more chemicals. Some may be better directly than pest control. Consider the encouraging development entomologists at the University of California at Riverside have simulated the odor of the female cabbage looper moth and used it to so confuse the males that it was unable to mate. Harvard chemists have created synthetic hormones that prevent insects (including mosquitos that transmit yellow fever) from reaching adulthood and reproducing. Other tech-

Continued on page



According to most house paint ads, the quickest and easiest job is all you care about.

The Dutch Boy believes you care about something else: a paint job that will stay looking good a long time.

We won't kid you and say there's nothing to it. Painting a house — even with Dutch Boy® Latex House Paint — takes planning and work.

If the surface is new, or if it was painted with latex house paint before, your surface preparation may involve very little beyond resetting nails, spackling nail holes, or removing chalk.

If your house was painted with oil paint before, or you don't know if it was and can't find out, you should consult your Dutch Boy dealer and he will advise you as to what methods of surface preparation may be in order.

Two things particularly contribute to the long-lastingness of Dutch Boy Latex House Paint. One is that since the paint "breathes," moisture can't get trapped under it. The other is that the acrylic resin base of Dutch Boy Latex House Paint has the ability to lock in colors and consequently, the colors last for the life of the job and the job lasts longer.

If you've got shutters and trim that you want to look glossy, although you want the rest of the house flat, your Dutch Boy dealer can sell you flat and glossy colors designed to work together.

And the painting of gutters and drain pipes is no problem, either. Dutch Boy Latex House Paint clings to aluminum, galvanized and copper surfaces for the life of the paint job — no special primer is needed.

As to the quickness and ease of the painting itself, Dutch Boy Latex House Paint actually flows on easier without dragging or sticking. It doesn't leave lap-marks when you stop and start, so that if you want, you can paint every weekend for the whole summer. Paint before and after the rain. And no matter what kind of a mess you make (and you *can* make a mess) it will wash right up with soap and water.

But we're never going to tell you that painting a house is so much fun you'll feel like running out and doing it again. You have kids to raise and living to do and our main job is to help you forget about us for a very long time.

NL INDUSTRIES

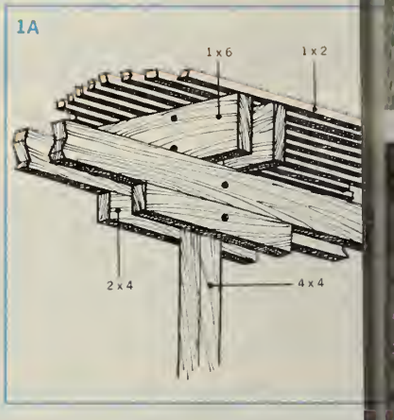
Outdoor Living ANY WAY YOU LIKE IT

By Noel Seney, Building and Outdoor Living Editor, and Staff

This summer, why not make the great outdoors even greater? Instead of putting up with an untamed sun or fishbowl yard, create your own summer style—be it sunny, shady, private or just plain easy. These 12 pages show you how to set about it.

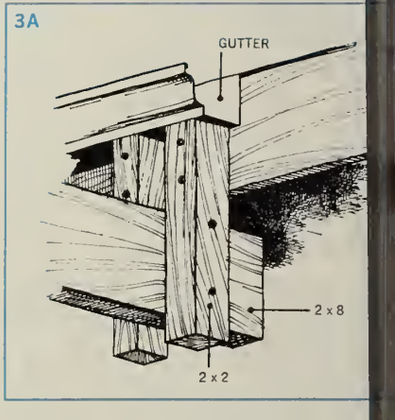


1 It's a rugged play area by day, an entertainment center by night. The 8x10 deck and L-shaped landing also camouflage an old concrete-slab patio. The lath canopy admits just enough light to keep deck and living room sunny, while eliminating unpleasant glare. Deck and landing are made of redwood 2x4s. Cedar 4x4s, set in concrete, support the freestanding canopy (see detail 1A).



2 This open brick terrace is a popular dining spot, thanks to a corrugated plastic roof. The roof panels are pitched slightly to keep the area bright and dry, even in a summer shower. Redwood 4x4s support the roof; 2x10s form the fascia. Fiber glass panels stopped into 2x4s form a sidewall privacy screen. Open spaces above and below avoid a "wind-lift" problem.

3 With an L-shaped house, your outdoor area is already halfway done. These homeowners finished the job by building a paving-brick patio and enclosing it with a low brick wall and privacy fence. Oak-stained 2x8 beams span the patio to provide a feeling of protection. Beams are bolted to 2x2s, which in turn are attached to the eaves (see detail 3A). Brick wall is capped with stone.



sunny

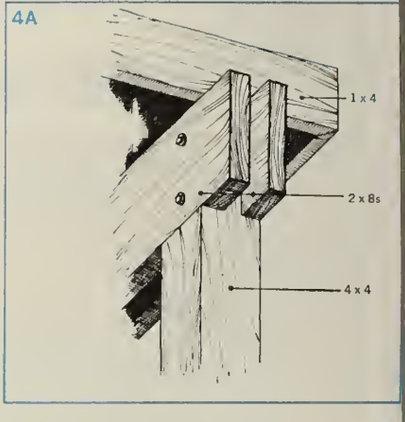
1 Photograph: Hedrich-Blessing. Designer: William C. Feist
2 Photograph: de Gennaro. Designer: Chalfant Head, A.I.A. Source: Dorothy Campbell
3 Photograph: Hedrich-Blessing. Architect: Tivadar Balogh, A.I.A. Source: Liz Noah







sunny



4 An attractive privacy wall made o reed screening gives this garden terrace an intimate feeling. Two layes of screening, with supporting chicken wire between, are attached o a fence framework of 2x2s and 2x4s

The exposed aggregate "floor" is divided into 4x4 squares with redwood 2x4s as borders. The squar simplify pouring since you work only on a square at a time. Also, squares won't crack like slabs do.

4 Photograph: Pedro Guerrero. Designer: John Donofrio. Source: Kit Tyson
1 Photograph: Mike Dieter. Landscape Architect: Marian Fry. Source: Barbara Gorder
2 Photograph: Mike Dieter. Designer: Robert Picha. Source: Barbara Gorder





OUTDOOR LIVING ANY WAY YOU LIKE IT shady

1 This piano-shaped deck stretches the livability of an older house. The 30x16 deck extends off the family room; lattice doors at far end lead to the front yard.

Wrought-iron railing and curved 1x2s create an inviting seating area along the deck's edge. Four lattice-board panels, nine feet high, form a decorative transition between deck and house. A 1x8-inch skirt below the deck conceals the understructure. All the wood is stained with semi-transparent blue stain.

2 Shaped like a ship's bow, this tree-shaded 23x12 deck is perfect for parties. Built-in benches and planting beds add to the setting. A gas-fired grill, bolted to the deck, stands ready for quick cookouts.

Gravel bed below deck illustrates a good way to add texture and definition to a deck area, while eliminating weed and water problems. Scrape ground bare, spray with defoliant, spread a plastic sheet over area and cover with gravel.

Buying information, page 109

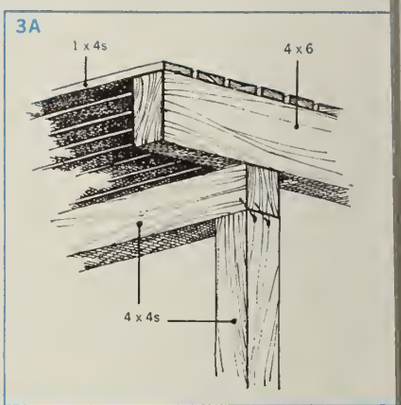
3 Here's an intriguing deck that works from dawn to dusk. Twin sliding doors allow deck to work off living room for entertaining, off kitchen or dining. A counter-height window opens from the kitchen to the deck snack bar.

Over the 10x14 deck is an airy but sun-filtering canopy of 1x4s, spaced one inch apart. Junipers blend deck with the rolling yard grade, and hide the understructure of the deck.

1 Photograph: Bill Helms. Designer: Kurt Fuchs. Source: Estelle Guralnick
2 Photograph: Hopkins. Designer: Charles Herbert
3 Photograph: Bill Jarrett. Designer Builder: J. Cohn Construction. Source: Susan Medlock

shady

3A





1 A narrow lot doesn't rule out outdoor privacy, and this deck/patio proves it. A seven-foot-high fence provides seclusion for the living room deck and the garden patio off the dining room. Drapes can be left open to keep the indoors bright and visually spacious. For easier traffic flow, the deck was extended to keep the entryways on the same level. Decking is gray-stained Douglas fir; the fence is made from redwood 1x8s.

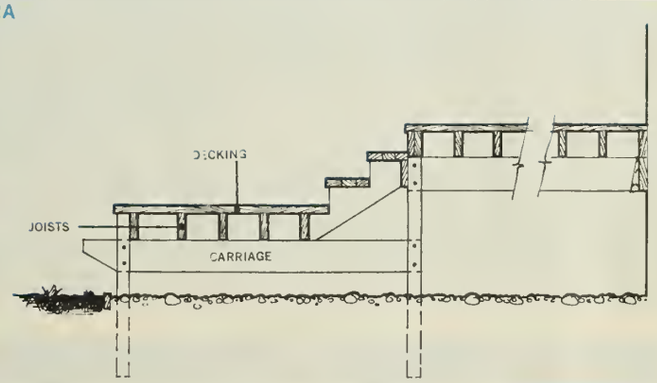
2 If the floor level of your house is too high above yard grade for an out-the-door patio, consider this solution. A catwalk at right leads from the living room to the upper deck; steps lead down to the main level, partially secluded by hedges and a privacy baffle. Both decks are built with a simple understructure (see detail 2A). This double deck and stair system looks sharp, and it also makes the house look lower.



OUTDOOR LIVING ANY WAY YOU LIKE IT

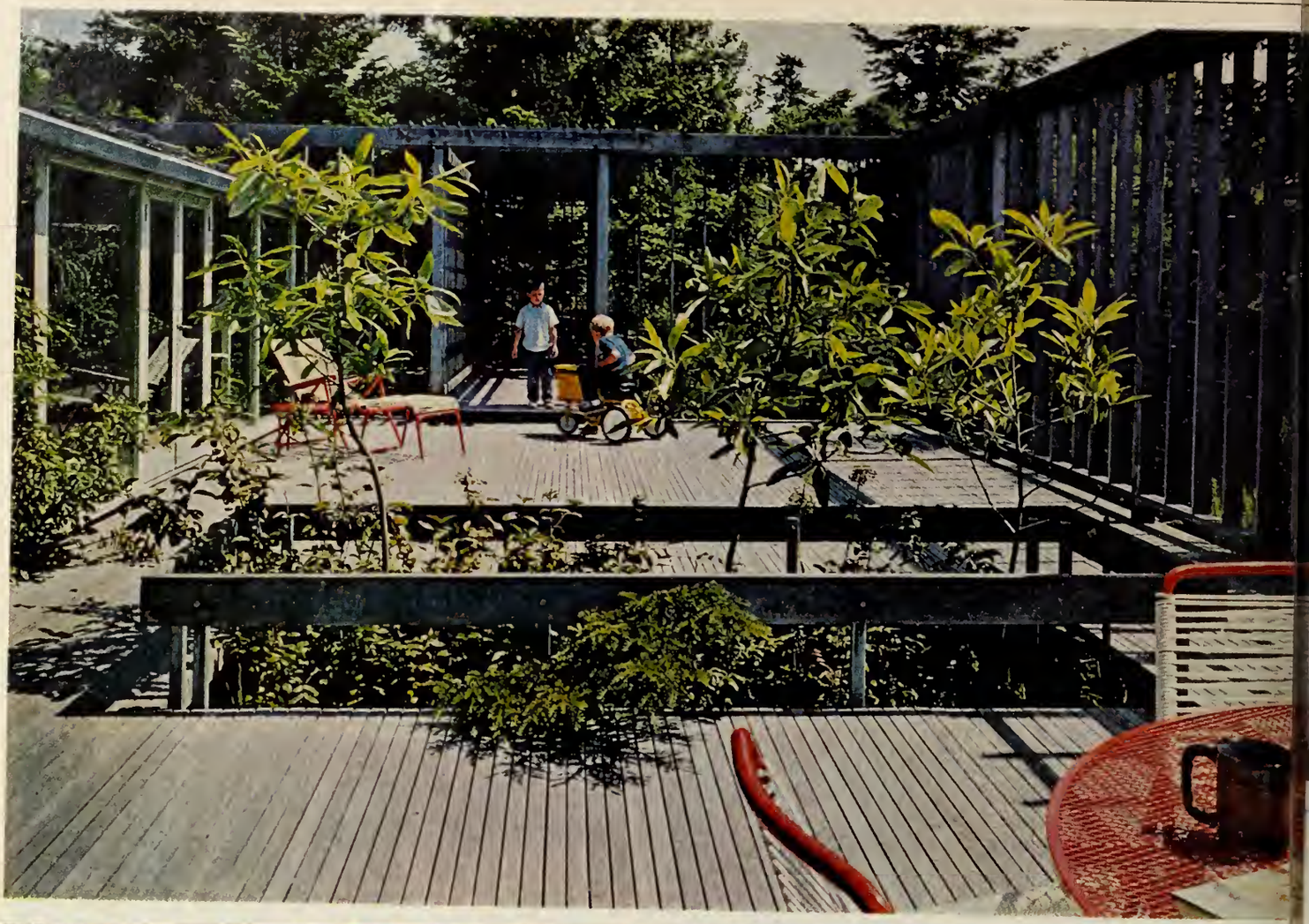
private

2A



2

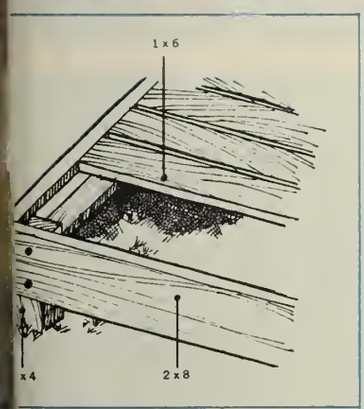


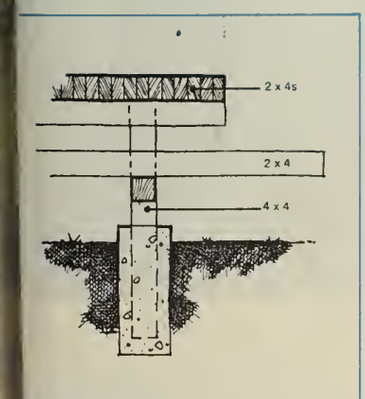




3 Photograph: Charles Pearson. Landscape Designer: Richard Painter. Source: Jocelyn Cox
4 Photograph: de Gennaro. Architect: Pulliam and Matthews, A.I.A. Landscape Architect: Walter Reutimann. Source: Dorothy Campbell
5 Photograph: Hedrich-Blessing. Architect: Ralph D. Anderson. Source: Jessie Walker







3 This house-wide deck looks for all the world like a park pavilion. A sunken planting bed divides the deck into two areas so that it can simultaneously accommodate children at play and adults engaged in conversation.

Safety rails of 2x8s guard the open garden. At the far end of the deck, a raised walkway leads to the yard. The 2x6 fence slats provide a feeling of enclosure without subtracting from the light and airy look.

4 By linking the grassy area above with the patio below, this split-level deck attractively unifies a steeply sloped yard while creating an inviting area for entertaining and dining.

Concrete block retaining walls with quarry tile caps divide the deck from the yard. For informal gatherings, the deck edges double as benches. Floors are 2x4s laid on edge (see detail 4A). The spiral stairs lead to a sun deck atop a garage-turned-family room.

5 Evening entertaining is a special experience on this island deck. It's equipped with roof spotlights, placed high enough to avoid harsh glare. For your own deck, experiment with several types of lights, heights and angle positions before attaching lights permanently.

A catwalk connects this deck with the dining room. Built-in counters at left are big enough for a party-size buffet. Redwood 1x6s form deck floor; a bordered gravel bed surrounds the deck for easy mowing.

private

Buying information, page 109





OUTDOOR LIVING ANY WAY YOU LIKE IT easy

1 Twin shade trees make attractive centerpieces for this twin-diamond-shaped redwood bench. Redwood is a classic material for outdoor furniture. It's a breeze to work with, needs no maintenance and always looks good.

Deck and patio area are built flush with the interior floors, making it easy to roll out a serving cart, television or extra furniture. Surrounded by a privacy wall, the deck serves as another "room" of the house.

2 Seating is never a problem on this aggregate stone patio. It's enclosed by a sturdy redwood bench-fence. Planks of 2x6s make the seats; 1x6s and 1x8s form the backrest. A standard picnic table, stained to match the bench, is equipped with wheels for quick and easy moving. The concrete floor—with its combination of textures— is polished slightly to serve as a dance surface.

3 Make yourself comfortable outdoors with these lightweight lounge chas Each chair measures 30x30x26; standard-size cushions fit neatly o seat and backrest. The sides are made from ¾-inch exterior-grade plywood; seat and backrest are formed with spaced-out 1x2s. The armrests and facing are lengths o 1x4s, and the understructure is formed by sturdy 2x4s.

4 Indoors or out, these sugar-cub seats make themselves useful.









.move the cushion, and you have all-purpose end table complete th side rails. Cube is made from inch plywood faced with 1x4 dwood decorative banding. Each be measures 16x16x13.

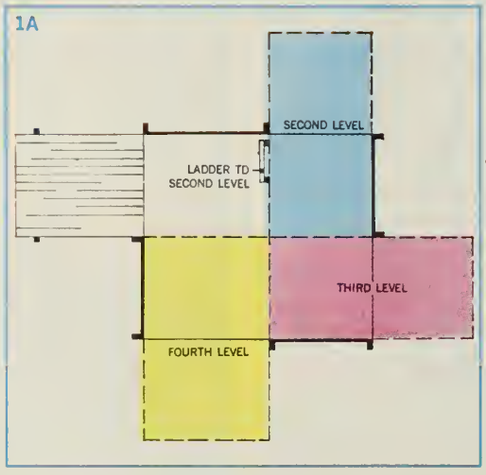
Add splashes of bright colors to ur yard with these easy-to-build ddle seats and end table. Made of inch plywood, units measure x24x18 inches high. To make the ats, insert a length of canvas through a pre-sawn slot on the side; then slip a dowel through a sleeve sewn in the canvas to lock the seat in place. This system makes it easy to repair or change the canvas.

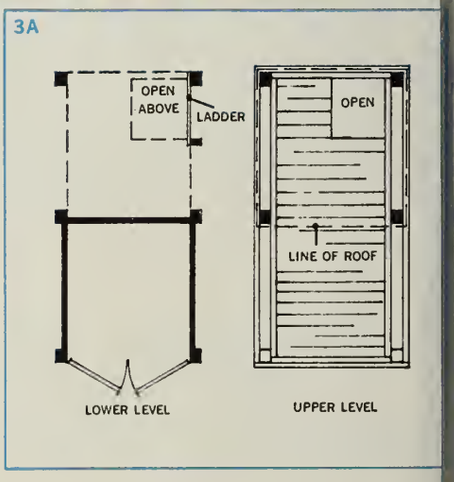
6 Courting a suntan can be fun with this handsome lounge bench. Pine 2x4s go the length of the bench; redwood 2x4s form the legs. Just for looks, a 1x4 is inlaid at the foot end. Countersunk screws covered by wood pegs hold the boards together.

Better Homes Project Plan No. 4106-1. (All four furniture pieces are included in one plan.) To order, see page 111.

1 Photograph: de Gennaro. Architect: Morio Kow, A.I.A. Landscape Designer: Jack Buktenica, I.A.L.A. Source: Dorothy Campbell
2 Photograph: David Jordan. Landscape Architect: Robert Goetz. Source: Lois Rea
3-6 Photographs: Mike Dieter. Designer: David Ashe

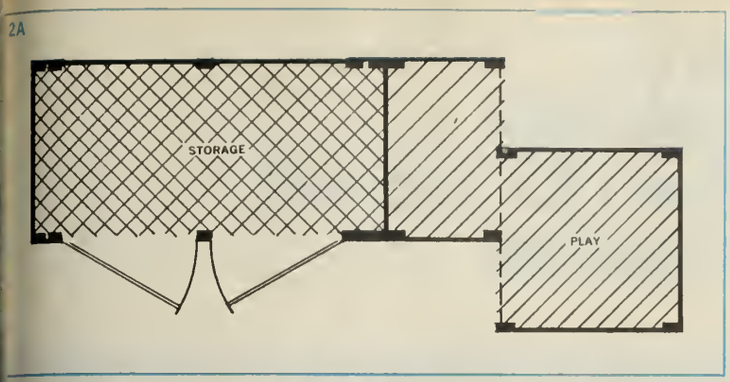






OUTDOOR LIVING ANY WAY YOU LIKE IT

..and for the youngsters







1 Fun never stops in this multi-level playhouse. It has four separate levels linked by steps and ladders (see floor plan 1A). Children never tire of exploring the ins and outs of the various entries, decks and ladders. The playhouse is basically an eight-foot cube made from 11½ sheets of 4x8-foot ¾-inch plywood. Concrete blocks form steps and corner supports.

2 Both you and your youngsters have a stake in this sturdy unit. At one end, it's a double-entry playhouse (see detail 2A); at the other, it's a spacious storage compartment for your lawn and garden equipment. Padlocked doors on the storage section keep children away from dangerous tools and chemicals. The entire structure is made with texture 1-11 plywood, stained ash gray.

3 It looks like a mountain fire-watch tower, but this rugged structure is really a combination play loft and storage area. A ladder at the far end leads to the loft, which is sheltered by a plywood roof. Below, there's a lockable storage compartment for your tools and outdoor accessories. Support posts made from 4x4s are set into concrete; storage doors are 1x6s with redwood siding laid over.

Better Homes Project Plans. 1. Multi-level playhouse, No. 4106-2. 2. Shed playhouse No. 4106-3. 3. Watchtower playhouse, No. 4106-4. To order, see page 111.

1 Photograph: Hedrich-Blessing. Designer: Tivadar Balogh, A.I.A. Source: Liz Noah
2-3 Photographs: Mike Dietz. Designer: David Ashe

How to entertain when it's too hot to bother

By Elizabeth D. Craster, Home Entertainment Editor



Photographs: Hopkins

Buying information, p

If summer parties leave you hot and harassed, follow our blueprint for a big and a small buffet. We've shown you how to make the best use of space and how to substitute creativity for cost. All party props can be made ahead and used over again.

On narrow porch (below) food and drink are well separated to avoid traffic tie-ups. Beverages are dispensed from a mobile cart at one end—a posh dinner from a slab door-table placed at the opposite end. Brilliantly papered buffet table (left) folds away for storage after the party. Centerpiece is a fish poacher brimming with beribboned strawflowers flanked by candle holders made from brioche pans. Pastoral look is emphasized with Zanzibar plates, Grand Colonial sterling. How-to information page 64.





picnic on the porch



Bright-eyed hanging lamps (left) float between porch uprights. Ours are made with hurricane glass, pie pans and wooden knobs. Put lamps up for the party or let them compete with the fireflies all summer long.

For mobile drink dispenser (right), bolt artist drawing boards to Junior's red wagon. Wheel it around outside or indoors—or unbolt it and use for a handy shelf unit.



Even big-as-Texas space needs proper handling. Below, we placed a drink and tidbit table and a portable refrigerator adjacent to the entry. For comfort and convenience, don't forget to plan electrical outlets in your outdoor living areas. Dotting the lower courtyard, folding chairs and tables covered with brilliant pinata print provide dining space for foursomes. Each table (right) features mirror tray mats, yarn-wrapped napkin rings and a gaudy flower candle. How-to information page 64.





Wrought-iron ... doubles as a ... with a leafy centerpiece ... in a make-be... Mexican con... Salads are s... different loca... (one beside ... table) in util...



Collect the ca..., small pie pa... hurricane lam... you'll have th... for these Me... tinware cand... All you need ... bottle opene... scissors. Use ... to outline pat...

patio fiesta



What's a fiesta without coveys of colorful pinatas? Our bashful bulls are purely decorations. By all means provide a real pinata for guests. It's easy to make with a plastic foam ball and paper.



When decorat... b... areas, remem... t... use overscale ... si... These fantasy ... ow... hung on tree ... bs... are made with ... ap... covered strips ... f... cardboard, lo... ed ... stapled togeth... with a pouf of ... su... paper in the c... ter...

Table settings carry out the fiesta theme with Monaco pattern plates, Michelangelo pattern flatware (perfect for parties because it comes in both stainless and sterling) and Flame pattern goblets.

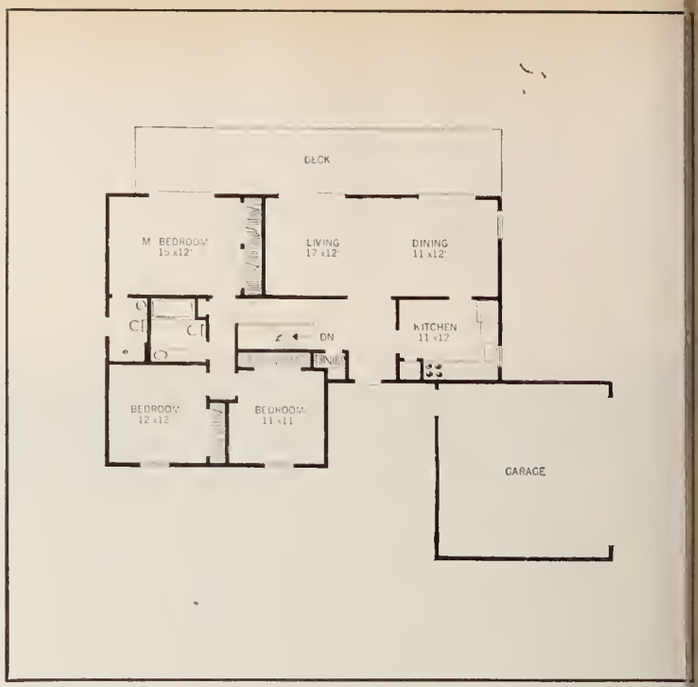


Fourth in a five-part series on new living patterns

Pre-sited Houses

Where man and nature meet

By Stephen Mead, Architectural Editor



In the Echo Hill community of Amherst, Mass., you won't see any utility poles, crowded streets or rows of look-alike houses. Instead, you'll find a quiet residential area where houses are tucked away amidst trees and forest greenery. What makes Echo Hill a special place to live is the land-use concept of Planned Unit Development, or PUD. It begins with a master plan that divides the land into building sites and open spaces.

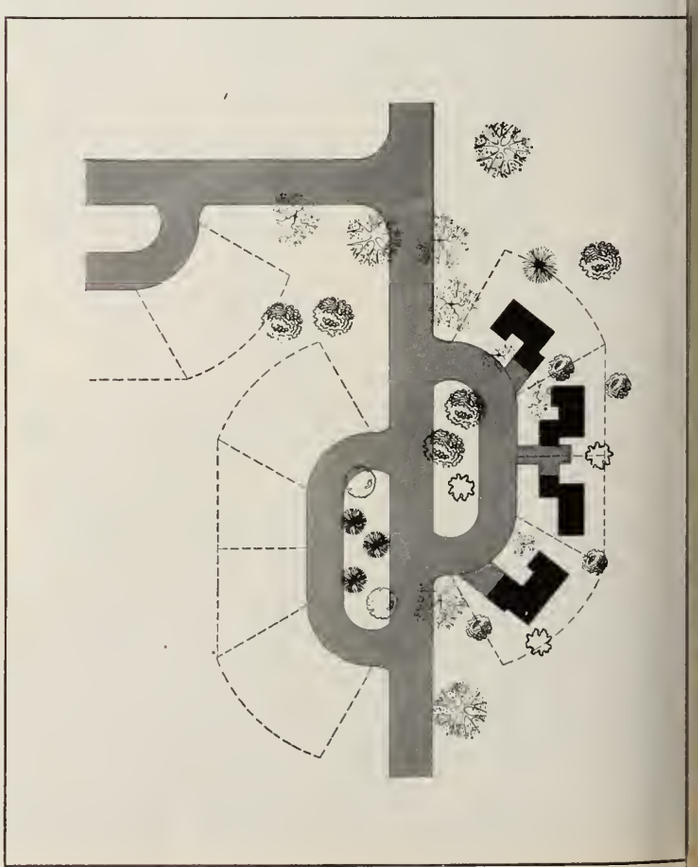
In site areas, houses are situated on small cul-de-sacs and eyebrow drives, away from traffic arteries. Houses are individually pre-sited to make the best use of local topography and the natural landscape. Each house is placed so that most of its windows face groves of trees, not other houses. Where necessary for privacy, artificial hills are created and trees planted. Utility wires go underground and wooded paths take the place of sidewalks. Tree-filled parkways shield houses from the main streets. In common areas, children can ro around trees and winding streams.

Good planning makes this kind of living practical—tod and anywhere. More of these new communities will come builders realize that people are willing to try the new id that provide a better environment for family living. Wha more, in a PUD community everyone benefits. Develope can build more houses per acre while still preserving a natu setting. Buyers get a better house with more privacy for l money. Children are provided with forest-like play are safe from traffic hazards. And even our environment gai because there's less concrete to blight the land and no wi to mar the sky.

As for the houses, they're planned special too. Like all neighbors, this house has lots of windows and an open de at rear where a family can always enjoy the secluded wood



Photographs: Bill Helms. Architect: Thomas Kirley, A.I.A. Builder: Tomlinson Builders
Developer: William E. Aubin. Interior Designer: Joan C. Marsh. Source: Estelle Guralnick







view. But even if you build this house in a typical residential area, you'll get the extra privacy because of this home's rear-orientated living area.

The wood siding of this three-bedroom house sets a warm and rustic mood all by itself. A court-like entry, formed by an extended garage and bedroom, offers a cozy invitation to the spacious 1700-square-foot interior.

Stair placement makes the bedrooms a quiet zone, away from the activity areas; the bathrooms serve as a privacy buffer between parents' and children's bedrooms. An L-shaped kitchen leaves plenty of room to incorporate a built-in breakfast bar. Along the basement stairway, an open rail makes the hall area spacious and intriguing. ■

Better Homes and Gardens House Plan No. 4106-A. To order, See page 111.



Buying information, page 109

Play Up a Porch

Is your porch an underdeveloped area? Here are ways to turn it into an inviting oasis, whether it's enclosed for year-round living, semi-enclosed with screens or wide open to summery breezes.

By Peg Rumely
Home Furnishings Editor



Photograph: Bill Helms. Interior Designer: Benjamin Cook, A.I.D. Source: Estelle Bond Guralnick



Photograph: Mike Dieter. Opposite photograph: George de Gennaro. Source: Dorothy Campbell

Left: Bright color and strong pattern give an early 19th-century open porch a fresh contemporary look. Vinyl wallpaper in a Chippendale fretwork design covers the ceiling, and the same blue is repeated in canvas draperies tied back at the porch columns. Draperies can be fully or partially drawn for protection against the sun or showers. An oversized contemporary painting explodes more color onto the scene as do pillows covered in patchwork and needlepoint. With so much color play, the porch furniture was chosen in white.

Below left: A strong color scheme built around two primary colors—blue and yellow—provides the connecting link between this screened porch and the adjoining family room. A rich blue indoor-outdoor carpet flows from one area to another, giving the illusion of one large room. Accents of yellow appear in canvas cushions on the rattan chairs.

Opposite: This tropical oasis started with a roofed-over front entry in a U-shaped house. The mouth of the "U" was spanned by a fourth wall made of sliding and fixed screen panels. Inside shutters assure privacy for all rooms opening onto the porch, and a bamboo blind is drawn over the porch skylight. The brick floor, level with the outside terrace, and a bricked planter at one end of the porch add to the outdoor feeling. Some plants grow directly in garden soil; others in pots can be changed as climate dictates. Rattan and vinyl-strapped furniture fits the casual setting.

Continued



Play Up a Porch
Continued

Photograph: Warren Reynolds Source: Barbara Gorder





Photograph: G. Suter, Hedrich-Blessing. Interior Designer: Robert E. Dittmer
Opposite photograph: George de Gennaro. Interior Designer: Carol Barnes. Source: Helen Heitkamp

Buying information, page 109

Left: On this screened porch, the psyche is soothed by the pleasant sound of burbling water. The indoor garden at one end contains a 36x48-inch pool with a recirculating fountain. Several hanging begonia pots carry the fresh green look ceilingward. The outside wall of the porch and ceiling area over the garden are screened. Nylon canvas roofs the balance of the porch. In winter, the canvas is removed to let sunlight flood the adjacent rooms, and the porch is closed off from the dining room with three folding glass doors.

Below left: Porch living is an everyday pleasure for this family of seven. From spring through early fall, their dining room is the screened-in area just off the kitchen and family room. Canvas awnings control glare without blocking out the view, as blinds might do. The pattern of the cool-looking cement floor is repeated by straw matting that defines eating and seating areas. White walls and ceiling give the porch a crisp, cool look. For contrast, the white wrought-iron furniture is upholstered in a spicy orange print that complements the green of nature.

Opposite: To enjoy year-round dining in a lush garden atmosphere, this family glassed in their screened porch. Lath was mounted on the rough exterior paneling of the porch to simulate latticework. Exposed aggregate flooring proved a happy choice for dining since crumbs don't show and it's easily swept clean. Budget idea: director's chairs with interchangeable canvas covers to simplify color switches.



By Doris Eby, *Food Editor and Joan McCloskey, Associate*

barbecue ideas hot off the grill

Prime your menu repertoire with fresh ideas. You'll find spectacular entrees for special occasions, new ways to fix barbecue classics and extravagant-looking but economy-minded family suppers.

surprisingly easy

Surprise your friends with delicious barbecued main dishes done the easy way. Each of these recipes takes advantage of a convenience food to add special flavor.

1 SWEET-SOUR CORNISH HENS: A tiny bird apiece makes an elegant entree. Add a squeeze of lemon and canned tomatoes to bottled sweet-sour salad dressing for a rosy sauce to brush on the birds during the last 15 minutes they're on the grill. So that you can grill four of the birds at once, insert the spit rod through the Cornish hens crosswise, securing with holding forks and cord.

2 GUACAMOLE BURGERS: Start with a ground beef mixture seasoned with onion salt and worcestershire sauce, then add crushed corn chips. Grill burgers to the doneness your family prefers, then top with the easiest guacamole you've ever made. All you do is stir lemon juice, hot pepper sauce and chopped, seeded tomato into avocado dip you buy from the freezer case.

3 TACO-SEASONED ROUND STEAK: Uncertain of how to use Mexican seasonings? There are no guesses in this south-of-the-border steak recipe. Marinate a piece of round steak in a zesty blend of tequila and peppy taco seasoning mix to flavor the meat. If you wish, substitute dry sherry for tequila. Plank the steak, garnish with fresh or canned hot peppers and parsley and slice thin to serve five or six people.

(Recipes begin on page 85)






3







perfect for parties

Next time you entertain outdoors, bedazzle your guests with one of these out-of-the-ordinary entrees.

1 CURRIED RIB ROAST WITH RICE STUFFING: Make a "paste" of curry, garlic, turmeric, pepper and parsley. Rub a boneless rolled rib roast inside and out with the seasonings; reroll with a well-seasoned rice mixture. Roast slowly till meat thermometer registers just below the degree of doneness you prefer. Retained heat will cause the temperature of the roast to rise slightly after you remove it from the grill.

2 APRICOT-STUFFED PORK CHOPS: These fruit-filled chops are easy, but extraordinary. You make them special by inserting apricot halves inside each chop and saucing with a colorful glaze. Make the glaze with catsup, onion, mustard and lemon juice. Stir in apricot syrup and you have a spicy yet fruity sauce that's perfect with pork.

3 NANI LUAU: Here's a feast that's a show-stopper. You cover a wok pan, then set it on its ring right in the hot coals to heat the arrangement of vegetables, fruits and orange-glazed ham.

(Recipes begin on page 86)





cost-cutting cuts

You don't have to splurge on expensive meat to make an outdoor meal special.

1 LEMON PEPPER PINWHEELS: Marinating strips of flank steak in a peppery sauce gives moistness and flavor to an otherwise less tender cut of meat. Wrap each thin steak strip around a cherry tomato, then skewer and grill. Serve with mushroom-green pepper kabobs that cook at the same time.

2 TERIYAKI TURKEY: You can afford to entertain the neighborhood when you grill a whole turkey cut in individual servings. The teriyaki sauce will appeal to all ages. While the coals are hot, roast a medley of squash, too: tiny crookneck, pattypan and chunks of zucchini.

3 MUSTARD-BRUSHED BOLOGNA KABOBS: Be an original outdoor chef and cube a chub of bologna. Alternate with pineapple chunks on skewers and brush with bologna's flavor friends: hot-style mustard and melted butter.

(Recipes begin on page 87)





unbeatable basics

You can't top the tantalizing aroma of these meats.

1 CHICKEN PROVENCALE: We've chosen a special garden blend of tomato, green onion, parsley and wine to brush generously on our grilled chicken pieces. Warm a loaf of garlic-buttered French or Italian bread at the same time and you will get rave reviews for this elegant feast.

2 HOT BARBECUE RIBS: Here's how you can avoid greasy fingers. Boil the ribs first in the kitchen, then bring them to the grill. They'll barbecue a scant 20 to 30 minutes while you brush them with the hot-hot sauce. At the same time, roast corn to serve with horseradish and herb butters.

3 ONION-STUFFED STEAK: With a very sharp knife, slash through the largest muscle of either porterhouse or sirloin and stuff steak with garlic-seasoned onions. Brush with dry red wine and soy; crown with sauteed mushrooms. Serve with foil-baked Cheese-topped Tomatoes.

(Recipes begin on page 88)



2

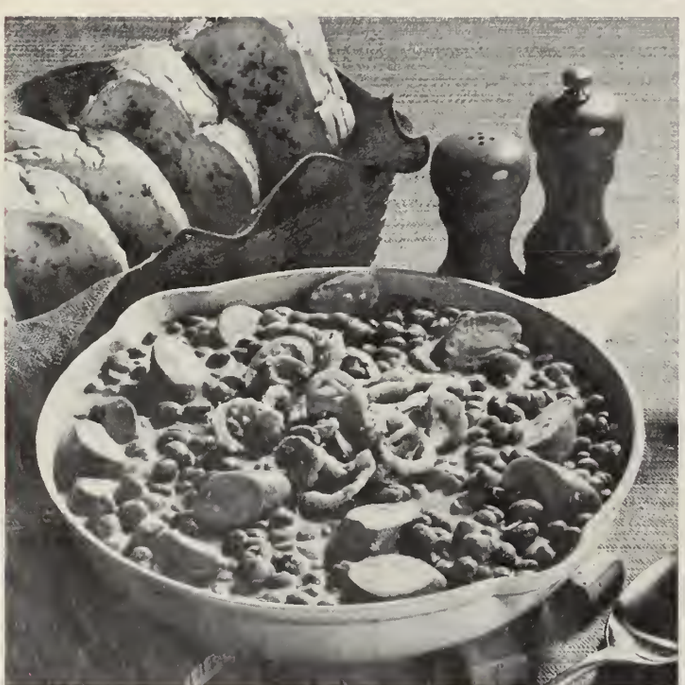


3



Photographs: Dieter





Buying information, page 109

Cookout franks

By Patricia Pollock, Associate Food Editor

Summer is official when you cook franks sizzling hot on the outdoor grill. Try the nation's number one link these three new ways: kabobbed with tiny whole potatoes and pepper pieces, wrapped in a pizza-burger cloak, and simmered with sour cream-sauced beans.

Quick Frank Kabobs

Brush sauce on skewered cocktail franks for hot hors d'oeuvres next time—

8 frankfurters
1 16-ounce can whole new potatoes, drained
2 medium green peppers, cut in pieces
¼ cup horseradish mustard
¼ cup catsup
½ envelope (about 2 tablespoons) taco seasoning mix
2 tablespoons water
2 tablespoons cooking oil
Several drops bottled hot pepper sauce

Cut franks into thirds. Place on skewers alternately with potatoes and pepper pieces. Stir together mustard, catsup, seasoning mix, water, oil and hot pepper sauce. Cook kabobs over medium coals for 10 minutes, turning often and brushing with mustard mixture. Makes 4 to 6 servings.

Pizza Dogs

Kids of all ages will go for these—

1 slightly beaten egg
¾ cup soft bread crumbs (1 slice bread)
¼ cup milk
½ teaspoon salt
Dash pepper
8 ounces bulk pizza sausage
8 ounces ground beef
6 frankfurters
1 8-ounce can (1 cup) pizza sauce
6 frankfurter buns, split and toasted

Combine egg, crumbs, milk, salt and pepper; add sausage and beef and mix thoroughly. Divide into 6 portions. Shape meat around frankfurters, leaving ends open; roll each between waxed paper to make uniform thickness. Chill. Grill over medium coals for 15 minutes, turning frequently and brushing with pizza sauce last 5 minutes. Serve in toasted buns. Heat and pass remaining pizza sauce, if desired. Makes 6 servings.

Frank and Bean Skillet

French fried onions team up with sour cream sauce mix to make this special—

1 envelope sour cream sauce mix
¾ cup milk
Few drops bottled hot pepper sauce
1 22-ounce jar baked beans
4 or 5 frankfurters, bias-sliced
1 3½-ounce can french fried onions

In medium skillet, blend together sour cream sauce mix, milk and hot pepper sauce. Stir in beans and franks. Cook over medium coals, stirring occasionally, till mixture is heated through. Just before serving, stir in about ¾ of the onion. Sprinkle remaining onions atop each serving. Makes 4 servings.

RED COW



BEEF BROTH PLUS TOMATO SOUP

When the heat hangs heavy, that's the time to enjoy a frosty mug of Red Cow. It's a delicious combination of chilled Campbell's Beef Broth and Tomato Soup plus a can-and-a-half of water. Put it all together and shake. Enjoy it as a quick pickup between meals or as a delicious meal starter. And when the weather turns chilly, you can enjoy this "Soup-Mate" piping hot. You might never see a Red Cow, but at least now you can sip one.

M'm! M'm! Good!



For 15 additional free recipes, send your name and address to: Souper Coolers, Box 655, Maple Plain, Minn. 55359

No dishwasher detergent can prevent water spots.

No detergent, even the best, can prevent water spots.

Jet-Dry and only Jet-Dry is made to sheet off water in the rinse cycle. (It's there water spots form, after your detergent's gone down the drain.) Jet-Dry comes in liquid for machines with dispensers. Or a solid little basket you hang in your dishwasher.

So next time a dishwasher detergent promises you nothing but spotless, spotless, spotless, remember its claim goes down the drain when it goes down the drain.

Try Jet-Dry Water Spot Remover. You'll see what spotless really means.

Promise.



Solid.



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Jet-Dry Water Spot Remover.

GUIDE-TO BOOKLETS

Send for library of eleven 50-page illustrated booklets (No. 220) for $6; 7 for $4; three for $2. Individual titles, 75c each. No. 204 Add-a-room; 205 Patios and Fences; 206 Kitchen Planning; 207 Storage; 208 Rec-room basements; 209 Bookshelves; 210 Painting and Finishing; 211 Bathrooms; 218 Gardening; 219 Fireplaces; 212 Handyman Tips. Better Homes and Gardens, Dept. 2T0, P. O. Box 374, Des Moines, Ia. 50302.

How to entertain wle it's too hot o bother

Continued from page 4

Picnic on a porch (
Before the party, wor
traffic pattern. Guests,
tend to jam, so place
and food in different ar
how the portable bar is
entry, the buffet tabl
opposite end. Rare is t
who really enjoys ba
plate on his lap, so d
tables. For eating and
tion, we arranged c
small tables on both
the narrow porch. If
an adjacent garden,
guests there by setting
brella tables with
snacks and insulated ic
for quick refills. (Cuts
time spent at the bar.)

Slab-door buffet is a
idea for partying. H
door is covered with
pressure-sensitive pape
ets clamp onto a 2x4
and sawhorse legs cov
the same paper. Whole
be quickly disassem
stored when not in u

Coaster wagon bar
but sturdy bar is made
sizes of pine drawing
Three 20″x31″ boards
the top, bottom and fro
20″x26″ boards make
sides and shelf. Pi
nailed and glued toge
side surfaces painted, t
covered with the same
sensitive paper. To fit
glue 1″x2″ blocks to b
the bar. These rest insi
bed and prevent moven

Hanging hurricane
First, glue plastic foa
tive trim (6″-diamet
found at party goods st
a wooden drawer kn
derside of plate. Pun
small holes near rim
and attach a 16″ l
chain through each h
three chains together
Center an 8″-high gl
ney to top center of
and hold in place w
dabs of floral putty. Us
or pillar candle under
hurricane chimney.

Patio Fiesta (page 46
Mexican tinware cen
Open and clean all ca
beer-can opener make
perforations at top of
can. Glue in this ord
pound can to a 6-ou
can to a 10″-diameter a
deep cake pan. Trim
top can with a row of
tape, base of can with
of heavy curled foil g
apart. Decorate center

coordinated tassels.

an candelabra: Stack and in this order: a 6″ dis- le pie tin, a 29-ounce can, ounce juice can and a 46- can. Perforate pie tin one row of triangles made beer-can opener, the 29- can and the 46-ounce with rows at top and bot- Trim top can with a band asking tape, bottom of can with a row of ½″ of curled heavy foil placed art. Place a votive candle a 9″-high frosted glass ey and secure in center of with floral putty.

s: Fake pinatas are made or 10″ plastic foam balls in party goods stores. rs, horns and face from paper and glue in place. with pins an oval for e and cover the rest of l with strips of red tissue To achieve fringed look, sue paper into 5″x10″ Take three of strips and half. Slash halfway , ⅛″ apart on folded eparate strips and glue edges in circular motion all areas except the face. vant to make a real "bat- nata, cut ball in half with knife, hollow out center d candy) fasten two together with a water adhesive.

le flowers: Cut five lightweight cardboard ong. Wrap and glue 1″ tissue around each of d strips and staple all ether. Lay four sheets together and cut 20″ 7″ wide. Pleat in 1″ folds. Fold the strip and tie. Take ends of d tie to the center of ed cardboard. Pull tis- ard and fluff out each paper.

erving trays. Pick a oval mirror from va- e. Card tables come in sizes—so work out a tern first to make sure will fit on each table. aster and drawer pulls y resin glue.

k covers: Draw a tern. Fold fabric and leaving ½″ seam al- t sides and 1″ hem at h around to within 3″ Make buttonhole or openings and thread ls in openings.

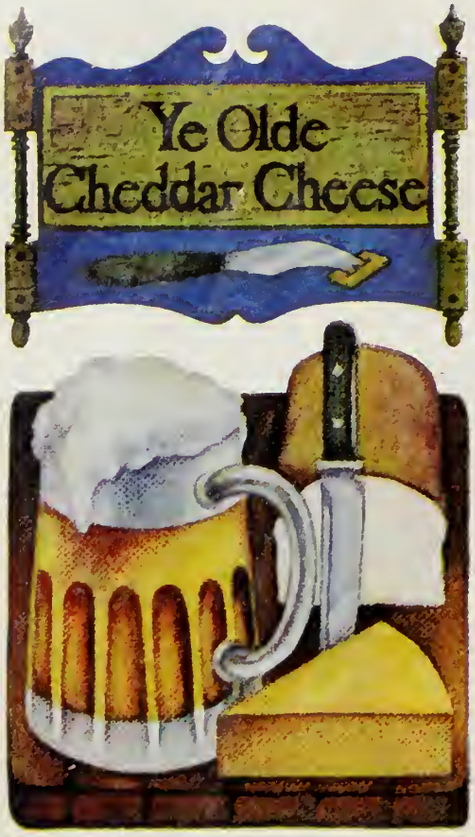
e covers: Cut fabric es, allowing for a 4″ ½″ hem. Place on cut off uneven edges ner. Fold in fours and her three edges. After pinch edges together buttonholes or grom- gs for wool closing. tassels to end of r.



NEXT MONTH

WHAT HAPPENS WHEN YOU OVERLOAD YOUR CAR? This eye-opening article points out the pitfalls of overstuffing the family car—such as mechanical problems, handling headaches, unexpected expense and unnecessary danger. Make this must reading—before you go anywhere.

When you buy some Cracker Barrel Brand Cheddar, you ought to know what you're getting.



Cheddar is one of the most tradition-filled cheeses ever to come out of England. The ploughman's lunch—served in the pubs—is just one of the prescribed uses. It consists of a cut of cheddar, a hunk of bread, a tankard of ale. Happily, most of the traditions



Serve cheddar at room temperature.

surrounding cheddar fall in this casual category.

What occasions deserve cheddar in this country? Most connoisseurs agree that cheddar is an informal, "warm" cheese. Serve it with rye bread, sweet peppers and slices of salami after football games. Or cut in cubes in a big tossed salad. Or with pie or fruit after a quiet dinner. Because it is a full, robust cheese, it goes well with informal beverages—beer, wine, coffee and soft drinks. A good cheddar never forgets it originated in the hum-



Cheddar should not be sliced until just before serving

ble cottages of midland England.

Like the English variety, Cracker Barrel Brand from Kraft attains, and maintains, a uniform high quality—from coast to coast. The flavor and texture are checked by an actual cheesemaster. (It is also classified into Sharp, Extra Sharp, Mellow and Mild to satisfy all regional tastes.)

Serve fine cheddar in a stick, block, half-moon or wheel, and let everyone cut his own. Set out crackers, ham cubes and pickles for do-it-yourself appetizers. Store cheddar in the refrigerator. A rule to remember is: Keep air out, moisture in. It's a hard cheese and keeps a long time. (The reason the Pilgrims liked it so much.) If some mold forms, just cut it off. It



Cheddar was a favored protein food, often replacing the meat or egg course.

doesn't hurt the rest of the cheese at all. You can freeze it if you wrap it tightly in small quantities. Thaw it slowly, in the refrigerator, to retain its freshness and moistness.

Actually, the most important guideline to follow in serving Cracker Barrel is: do it. The good Englishwoman put it succinctly: "We don't talk about our cheddar, we eats it."





KRAFT

Division of
Kraftco Corporation



Photographs: Dieter



Buying information, page 109

FILE UNDER DESSERTS

FAST ICE CREAM DESSERTS

Butterscotch Crunch Squares

A crunchy chocolate-filled "sandwich" is the Fast prizewinner—

1 cup sifted all-purpose flour
¼ cup quick-cooking rolled oats
¼ cup brown sugar
½ cup butter or margarine
½ cup chopped nuts
1 12-ounce jar butterscotch or caramel ice cream topping
1 quart chocolate ice cream

Combine flour, oats and brown sugar; cut in butter or margarine till mixture resembles coarse crumbs. Stir in nuts. Pat mixture into 13x9x2-inch baking pan. Bake in 400° oven for 15 minutes. Stir while still warm to crumble; cool. Spread half the crumbs in 9x9x2-inch baking pan; drizzle about half the ice cream topping over crumbs in pan. Stir ice cream to soften; spoon carefully into pan. Drizzle with remaining topping; sprinkle with remaining crumbs. Freeze. Makes 8 servings.

Barbara Schenke, Caruthersville, Mo.

Cut along dotted line

FILE UNDER DESSERTS

FANCY ICE CREAM DESSERTS

Raspberry Ice Cream

A refreshing, double-raspberry treat made in an ice cream freezer rates the top prize in the Fancy category—

1 3-ounce package raspberry-flavored gelatin
½ cup boiling water
1 10-ounce package frozen raspberries, thawed and sieved
• • •
2 eggs
1 cup whipping cream
1 3¾- or 3⅝-ounce package *instant* vanilla pudding mix
⅔ cup sugar
2 teaspoons vanilla
1 quart milk

In mixing bowl, dissolve gelatin in boiling water; stir in sieved raspberries. Beat eggs; add whipping cream, dry pudding mix, sugar and vanilla. Stir into raspberry mixture. Pour into 1-gallon ice cream freezer container; add milk and stir till blended. Freeze according to freezer manufacturer's directions. Makes 2 quarts.

Mrs. Howell Hemminger, Bremen, Ind.

Better Homes NEW COOK BOOK

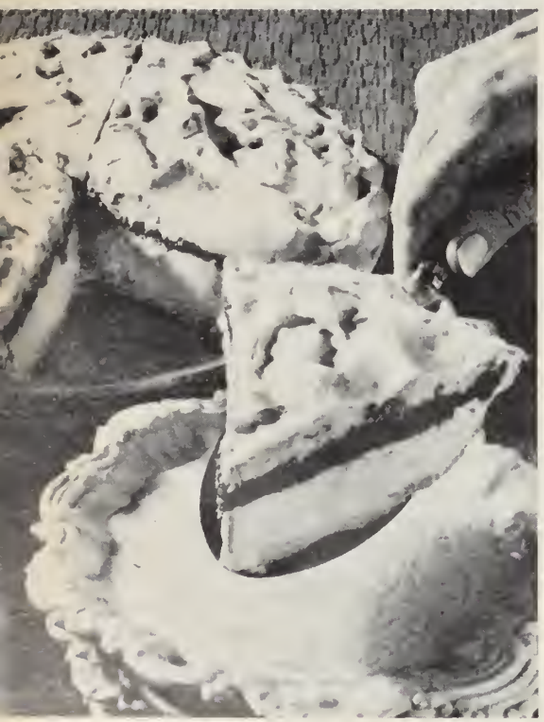
PRIZE TESTED RECIPES
ADD TO YOUR COOK BOOK



Marshmallow Ice Cream

A fluffy, soft-serve ice cream—
2 eggs
¾ cup sugar
1 7-ounce jar marshmallow creme
3 cups milk
1 cup whipping cream
1½ teaspoons vanilla
In large mixer bowl, beat eggs till light; gradually beat in sugar till thick. Blend in marshmallow creme, then the milk, whipping cream and vanilla. Turn into 1-gallon ice cream freezer container; freeze according to manufacturer's directions. Makes 2 quarts. Serve with a fresh strawberry sauce, if desired.

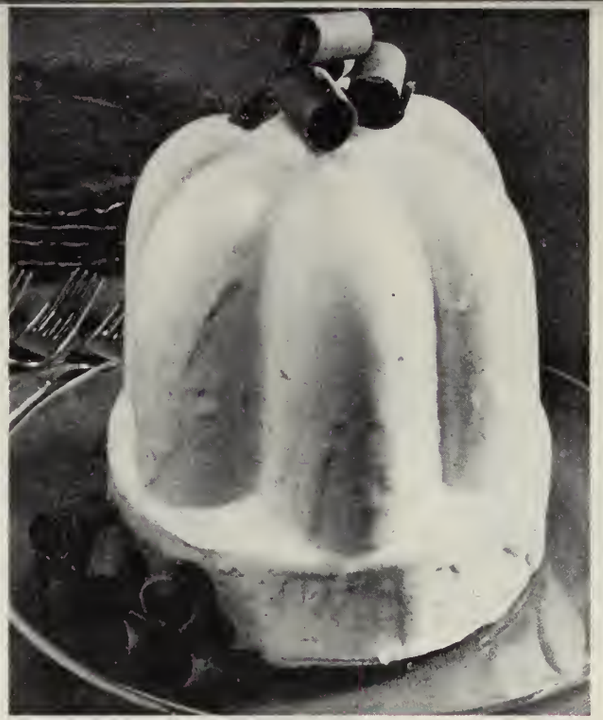
Ruth L. Oliver
Garden City, Kan.



Date Nut Ice Cream Pie

Remember this for the holidays—
1 quart vanilla ice cream
1 9-inch baked pastry shell
1⅓ cups (8 ounces) snipped dates
¾ cup water
1 tablespoon sugar
1 tablespoon lemon juice
1 teaspoon vanilla
¼ cup chopped walnuts
2 cups frozen whipped dessert topping, thawed
Stir ice cream to soften; spread in bottom of pastry shell. Place in freezer. In saucepan, combine dates, water and sugar; cook, covered, till softened, about 5 minutes. Stir in lemon juice and vanilla; cool. Spread half of date mixture over ice cream. Fold remaining date mixture and the nuts into the whipped topping; spoon over date layer. Freeze firm.

Mrs. Robert J. Dougherty
Greenfield, Wis.



Jade Cream Mold

Serve this minty, frosty dessert for an extra-special occasion—
1 2- or 2⅛-ounce package dessert topping mix
1 quart vanilla ice cream
1 pint lime sherbet
¼ cup green creme de menthe
Chocolate curls
Prepare topping mix according to package directions. Stir together ice cream, sherbet, creme de menthe and the whipped topping till blended. Turn ice cream mixture into 6-cup mold, two 3-cup refrigerator trays, or into the ice cream and sherbet containers. Garnish ice cream mold or individual servings with chocolate curls to serve.

Mrs. James O. Hanley
Minnetonka, Minn.



Peach Cream Freeze

The cool peach flavor comes from convenient peach pie filling—
1 22-ounce can peach pie filling
1 15-ounce can *sweetened condensed* milk
1 8¾-ounce can crushed pineapple, drained
¼ cup lemon juice
¼ teaspoon almond extract
½ cup whipping cream
In large mixing bowl, combine pie filling, sweetened condensed milk, crushed pineapple, lemon juice and almond extract. Whip cream; fold in peach mixture. Spoon into 9x5x3-inch loaf pan. Freeze. Unmold and slice. Garnish each serving with additional whipped cream and chopped nuts or a maraschino cherry, if desired. Makes 8 servings.

Mrs. H. H. Holland
Novato, Calif.

Now, for people who like whipped cream more than frosting, a frosting more like whipped cream.



So velvety smooth, so soft and swirly, New Betty Crocker Whipped Frosting Mix is more like whipped cream than any other frosting. So billowy and light it caresses your cake in two not-too-sweet flavors (chocolate and vanilla). And it stays lusciously fresh without refrigeration...something whipped cream just can't do.

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Picnic menus without chicken

Cold fried chicken is great picnic fare, we'll agree, but why not treat the family to something new. Next time you pack the picnic basket, let these ideas inspire you.

Ball Park Tailgate

Hot Italian Sausage
Grilled Onion and Pepper Slices
Italian Bread or Crusty Rolls
Mustard Butter
Macaroni and Cheese Salad
Chilled Peach Pie
Cold Beer, Iced Coffee, Milk

Buy Italian sausage in a casing; leave in one long link. A portable grill or hibachi with a few coals is all you need. Cook sausage link at the ball park.

Brookside Bake

Marinated Salmon Steaks
Lemon Wedges
Cabbage Slaw
Onion Rolls or Bagels
Watermelon

Poach salmon steaks in water and chill overnight in marinade. Serve with sprinkled lemon wedges and the watermelon if you wish.

Picnic in the Park

Grilled Smoked Pork Chops
Potato Salad
Barbecued Tomato Halves
Skewered Zucchini Slices
Fresh Nectarines
Coconut Cookies
Lemonade

Prepare potato salad the day before so flavors will blend. When salad is chilled; add dressing just before packing the picnic. Baste tomato halves with salad dressing while grilling.

Band Concert Lunch

Sliced Baked Ham
Rye Bread Mustard Butter
Cucumber Spears Relish
Apple Turnovers
Cheddar Cheese
Hot or Chilled Coffee

Serve cold make-your-own sandwiches with rye bread, mustard and the condiments. Buy frozen or refrigerated turnovers at home; chill. Serve with wedges of sharp cheddar cheese.

Barbecue Banquet

Cherry Tomatoes
Blue Cheese Dip
Chianti Steak
Fresh Mushroom Caps
Roast Corn in Husks
Greens with Italian Dressing
Sesame Rolls
Grilled Bananas
Chianti and Coffee

Cook your favorite steak on the park grill, basting with Chianti wine; grill whole fresh mushrooms and corn on the husks at the same time. For dessert, make a slit in each banana and fill with a little honey and heat on the grill, turning once.

Last-minute Lunch

Blue Cheese Frankfurters
Shoestring Potatoes
Sliced Tomatoes and Onions
Baked Beans
Chocolate Cupcakes
Soft Drinks

Serve hot grilled frankfurters spread with a mixture of blue cheese, relish, crumbled blue cheese and mustard. Open a can of baked beans (remove the paper label) and heat on the grill or ring of the fire, stirring occasionally. Serve cupcakes with canned soft drinks at the picnic site.

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rriers

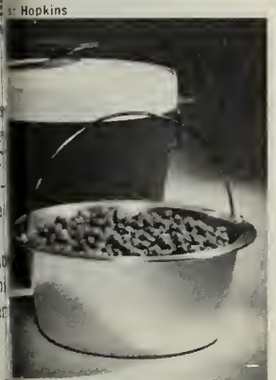
t dish or cold, it will arrive
e party or picnic in perfect
tion with one of these three
ontainers.



Buying information, page 109

two-tiered plastic con-
is handy for picnic-going
s. The base is divided
four compartments—one
gular and three square.
t tray fits snugly atop.
ontainers are also useful
oring sewing supplies or
ics or costume jewelry.

s: Hopkins



a hot casserole or a
lad to the party in this
rt aluminum dish with a
ndle. The keeper is com-
insulated and features
wall construction and
ht cover. Put hot food
emovable dish and keep
arm below. Or, fill in-
container with ice and
alad cool above. Remove
erole, and the keeper be-
a four-quart ice bucket
t your next buffet.



ulated triple-deck food
has a double-wall ther-
ter compartment that keeps hot food hot and cold food cold. The lower unit might carry fried chicken; the center unit, a dish of three-bean salad; and the top, a pie or brownies. Or, invert the large flowered unit and use it as an ice chest or beverage cooler.

New 3-door Admiral Duplex® lets you take ice out, keep cold in.





1 Open here for all the ice you need . . . the Ice Maker keeps it coming, automatically. The Admiral Imperial Duplex freezer/refrigerator keeps ice and the frozen foods you use most, most convenient. Meanwhile, down below . . .

2 A separate section holds all your other frozen foods—*stays* cold when top door is open. (Saves cold, saves money, too.)

New solid freezer shelves clean up with one wipe and lift out for storing larger items. Admiral bookcase door shelves help you get organized.

3 Here's a whole new system for storing foods—a place for everything. The Frigid Meat Keeper and egg basket are centered—easy in, easy out. Fruit bin and Crisper are gleaming porcelain. New Admiral tempered glass cantilever shelves are a breeze to adjust and even easier to keep clean. Door shelves are adjustable, too. All 3 doors close *automatically.*

Admiral Mastercare SERVICE

No charge for replacement or repair of defective parts for one year. The labor for the installation of such parts shall be supplied by any Admiral Mastercare Maintenance Service Center free of charge to the purchaser.

Admiral

Tips for toting

When transporting food to a picnic or party, plan ahead:

- Prepare the food in dishes or pans that fit the carrier.
- To prevent foods from drying out, cover with foil, clear plastic wrap, or bag.
- Don't take a cake with a delicate frosting unless you have a carrier to keep it secure.
- Don't carry containers with liquid unless they are very tightly sealed because a quick stop could result in a spill. Check the containers for leaks.

What's new in CASUAL FURNITURE



1



Photographs: Dieter, Hopkins

2



4



3



5

1. Contoured plastic furniture makes a smart addition to patio or porch. Translucent smoke-colored lounge chair is both elegant and weather-resistant. Tub chair at left has an upholstered patent cushion. End table is 20x28x20 inches.

Lounge chair, about $260; tub chair, around $250; end table, about $150. Hill Manufacturing Corp., Garnerville, N.Y. 10923.

2. Oriental modular units from the Duchess Pagoda Collection combine lightweight wicker with sturdy steel frame construction. Etagères are 38¼x16½x80 inches, and headboard/canopy comes in twin, double and king-size widths. Wingback chair has a magazine rack.

Etagère set, about $700; chair, around $139. Hurricane International, 70 Tenth Street, San Francisco, Calif. 94103.

3. Plastic lounge chair designed by Danny Ho Fong blends diverse textures into one comfortable package. Woven rattan seat wraps around a metal frame and appears to float on its plastic base.

Lounge chair, about $500. Tropi-Cal, 5731 S. Alameda Street, Los Angeles, Calif. 90058.

4. Luxurious chaise longue designed by Henry Olko is an unbeatable tension-chaser. Its molded rattan base is plumply upholstered in Dacron. Rattan étagère with glass shelves is 38x17½x80 inches.

Chaise, around $495; étagère, approximately $489. Willow & Reed, 32-24 111 Street, East Elmhurst, N.Y. 11369.

5. Slick up a dining area with polished aluminum table and chairs from designer Herbert Saiger's Base One Collection. Swivel side chairs have removable cushions covered in various fabrics. Glass-topped table is 42 inches in diameter.

Chair, approximately $135; table, about $170. Lee L. Woodard Sons, Inc., Owosso, Mich. 48867.

Continued

.ipton puts summer on ice



y you drink it, Lipton drinks best. Why? Lipton Flo-Thru® Tea Bags give you two bags of flavor in one. Lipton Instant is 100% tea th natural refresher. Lipton Iced Tea Mix—complete with lemon and sugar—lets you escape to a new taste. Lipton®—America's #1 Tea

FAMILY FOOD IDEAS



Never trust a Worcestershire under 130.

It takes an older Worcestershire to make a wiser steak. (Not to mention a brighter burger, smarter salad, loftier meatloaf.)

And by "older Worcestershire," we can be talking only about Lea & Perrins. We've been making Worcestershire since 1835, and every bottle we make is aged in wood, like fine wine.

Every bottle combines natural aging with natural ingredients—like eschalots and tamarinds—to bring out the best in every dish. To give you the kind of seasoning that comes only with age.

Lea & Perrins. The More Seasoned Worcestershire.

Casual furniture

Continue



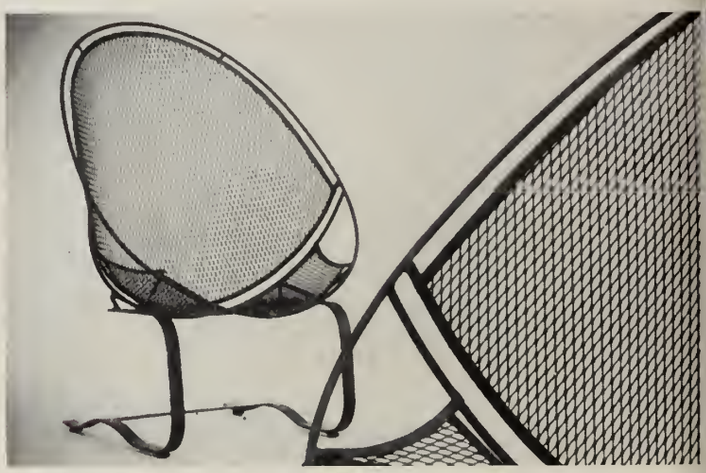
Rattan takes on serpentine lines in these pieces from the Scorpio group designed by John Caldwell. Love seat is available in standard and custom finishes and a variety of cushion covers. Coffee table has a plastic to and measures 27x50 inches.

Love seat, about $240; table approximately $350; Hermosa Rattan, 9860 Gidley Street, E Monte, Calif. 91734.



Set the scene for casual indoor dining with this molded polyethylene set from the Jacob group. Tulip-style swivel chairs have padded seats, vinyl-covered back and arms. Pedestal table is available with a 36- or 42-inch diameter top.

Five-piece set, aproximately $560; chair, around $110. Grosfillex, Inc., 19th and Cotton Streets, Reading, Pa. 19606.



Humpty-Dumpty chairs designed by John Salterini look as fragile as eggshells but have strong wrought-aluminum frames. Mesh seats and high back supports make them cool and comfortable. Choose from a dozen colors in a durable finish.

Spring chair, about $72; easy chair (not shown), around $79. Salterini, Covington, Va. 24426.

Continued on page 94

FAMILY FOOD IDEAS



SPAM, the take-along meat.

Pan fry it for breakfast. Slice it cold for lunch. Or bake the whole loaf in foil for a hearty dinner. Each can packs ¾ pound of solid meat. No waste, no need for refrigeration. The Easy-Open can doesn't even need a key or can opener. It makes SPAM the handiest meat in all outdoors!

Hormel
FINE FOOD PRODUCTS

SPAM is the registered trademark for a blend of chopped pork shoulder meat with ham meat added, packed only by Hormel.

Summer Dream Cakes.



Dream Whip's Dream Cake recipe gives extra height and the texture and moistness that make these cakes easy, delicious and fun.

Dream Whip® Topping Mix plus two extra eggs, added to your favorite cake mix, is the secret to these recipes. Finish your Summer Dream Cakes by adding strawberries and prepared Dream Whip.

It's that simple.

The cake you bake will be taller than a mix cake. And can be as beautiful and professional-looking as the ones you see here.

The Glazed Strawberry Dream Cake is easiest of all. It's a 13x9-inch cake made with the Dream Cake recipe, which adds height, and makes it sweet and moist. Decorate the top with fresh strawberry halves and a simple glaze. Serve with a side dish of Dream Whip. It's not only delicious, it's elegant.

The Tiered Strawberry Dream Cake speaks for itself. It's made with one 8-inch cake layer. The Dream Cake recipe makes each layer higher, so it's easier to slice into thirds. It also makes it so uncrumbly and manageable that building up layers of cake with Dream Whip and strawberries in between is easy and fun.

Perhaps the most exciting of all, is the Strawberry Surprise Dream Cake. It's the Dream Cake made in a tube pan. The height and moistness this recipe gives make this cake easy to tunnel. Fill the tunnel with prepared Dream Whip, strawberries and cake cubes. Then decorate the cake with Dream Whip. Your surprise is a secret. Your cake, irresistible.

The Summer Dream Cake. If it hadn't been for Dream Whip, it might never have been.





1 package (2-layer size) yellow cake mix
1 envelope Dream Whip Topping Mix (use right from envelope)
4 eggs
1 cup cold tap water

Combine all ingredients in large bowl of electric mixer. Blend until moistened. Beat at medium speed for 4 minutes. Pour into three greased and floured 8-inch or two 9-inch layer pans. Bake at 350° for about 30 minutes. Cool 10 minutes in pans; then remove from pans and finish cooling on rack.



Glazed Strawberry Dream Cake.

Prepare Dream Cake, baking in greased and floured 13x9-inch pan 40 to 45 minutes. Cool; then top with 3 pints halved strawberries. Spoon on 3/4 cup melted red currant jelly. Prepare 1 envelope Dream Whip; garnish edge of cake. (Refrigerate any remaining topping to use at another time.)



Tiered Strawberry Dream Cake.

Prepare Dream Cake, baking in three 8-inch layer pans. (Freeze 2 layers for another time.) Slice 1 quart strawberries, reserving 12 to 14 for garnish. Prepare 1 envelope Dream Whip. Split cake layer horizontally into 3 layers. Top each of 2 layers with 1/3 cup topping, half of the sliced berries, and 1/2 teaspoon sugar. Reassemble into cake. Garnish with remaining topping and reserved berries.



Strawberry Surprise Dream Cake.

Prepare Dream Cake, baking in greased and floured 10-inch tube pan 45 to 50 minutes; cool 15 minutes in pan. Slice a 1/2-inch layer from top. Leaving a 1/2-inch thick shell, remove center of cake; cut into pieces. Slice 1 quart strawberries, reserving 8 to 10 for garnish. Sprinkle sliced berries with 2 tablespoons sugar; let stand 30 minutes. Prepare 2 envelopes Dream Whip; set aside 1 cup. Fold sliced berries and 1 cup cake pieces into remaining topping. Spoon into cake shell; replace top layer. Garnish with reserved topping and berries. Chill. Makes 16 servings.



is a registered trademark of the General Foods Corporation.

This is as hearty a dish as a person on a bland diet can eat.



Here's a dish that a person on a bland diet can really *dig* into. It's tasty, bright and satisfying—even hearty. You can make it with salmon or tuna, whichever taste is preferred.

The secret that holds it all together is Cream of RICE, the cereal that's easier to digest than any other type of cereal. It gives faster energy, and it's rich in vitamin-mineral nutrition, too.

If you cook for someone on a restricted diet, send for the free Cream of RICE recipe booklet. It's a gold mine of doctor-approved dishes—from entrees to desserts—that a person with sensitive digestion can enjoy. And they're all arranged by type of diet (low-fat, milk-free, low-salt, etc.)

Now, for the recipe.

Salmon or Tuna Cheese Loaf (for bland diets)

1-lb. can salmon or two 7-1/2-oz. cans tuna
1 can (3 oz.) B in B Chopped Mushrooms
1/2 cup Cream of RICE
1 egg, beaten
1 cup grated mild cheddar cheese
2 teaspoons lemon juice



Drain broth from fish and mushrooms into cup. Add water to make 1 cup. Place liquid in saucepan and bring to a boil. Sprinkle in rice cereal and cook, stirring constantly, 30 seconds. Remove from heat, cover and let stand 3 minutes. Flake fish. Add egg and cheese to cereal and stir until cheese melts. Blend in fish, lemon juice and mushrooms. Line bottom of 8½ x 4½ x 2½-inch loaf pan or 8-inch round pan with wax paper. Oil paper and sides of pan. Spread fish mixture into pan. Bake in moderate oven (350°F.) 30 minutes or until knife inserted in center comes out clean. Let stand 10 minutes. Turn out onto platter. 4 servings.

CREAM OF RICE

Free 32-page Recipe Book, "Cooking With Imagination for Special Diets." Send Cream of RICE box top, name and address to Cream of RICE, Dept. BH671, P.O. Box 88, Lancaster, Penna. 17604.

FAMILY FOOD IDEAS

1



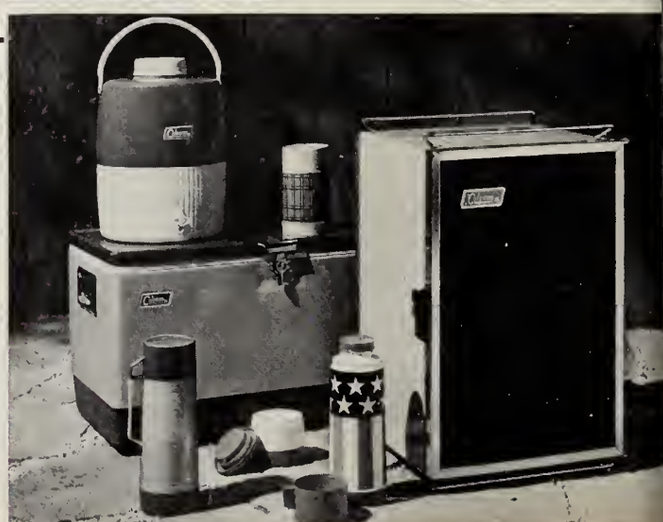
2



3



4



Buying information, page 109

Photographs: Hopk

?icnic tableware ınd coolers

Eating outdoors really is a picnic when you have the gear keep food and drink at the proper temperature. To help you a fine table wherever your fancy leads you, here's a selec-n of servers, vacuums and coolers. All are designed to travel ht and do the job right.

The insulated serving dishes (left) are triple convenient. You n bake or freeze food in the two-quart non-stick metal con-ner, then slip it into the insulated outer section for serving. clear dome cover helps keep the food hot or cold for indoor outdoor buffets.

A 2¼-quart covered pitcher with 14-ounce tumblers serves tdoor potables with style. The pitcher has a three-position ver that turns for free pouring, pouring with ice guard or sed. It has a drip-proof spout, is dishwasher safe and is ailable in avocado, gold, flame and blue.

This plastic insulated pitcher (left) makes itself useful at tdoor meals. Its 15-ounce capacity is ideal for gravy, cream, ad dressing, syrup or coffee for one or two. The server is uble-wall insulated and vacuum sealed.

To carry food with nary a spill, rely on the 1½-quart stack-le serving dishes with cover (rear). They are chip- and crack-istant and come clean in the dishwasher.

Colorful and stain-proof hot and cold mugs and 12x8-inch ack trays (right) can be used together or separately at any tdoor or indoor informal party.

Cheery color-matched picnic set includes insulated mugs, cuum bottles, picnic-table-size vinyl cloth and a heavy-gauge, nyl-insulated bag. On the left is a steel case holding two e-pint vacuum bottles. The design of the case prevents its lling around in the car. Adjustable carrying straps help make a good traveler, too.

Shown are two one-quart vacuums (front), one with a handle both container and cup, the other with a handle just on the p. The wide-mouth bottle (top center) is great for stews, ups, canned fruit, etc. A one-cup insulated vacuum (bottom nter) has a sealed-in refrigerant in the lid. Put the lid in the ezer ahead of time, and food in the container will stay very ld and fresh. For those big gatherings a three-gallon liquid ntainer (top left) is the answer.

The 80-quart-capacity cooler (left) is big enough to handle 25-pound block of ice, one gallon of liquid, and enough food a four-day camping trip. The 68-quart-size cooler (right) lds a 25-pound block of ice and has shelves.

;ing vacuum bottles and ice chests

etal utensils and wire bottle brushes should never be inserted o a vacuum bottle because they can scratch or break the ıss liner. Plastic utensils, though, are safe for spooning food m the bottle without damage.

Avoid creating temperature extremes. Don't put ice cubes ectly into a bottle; pour the liquid in first.

Never eat or drink directly from the bottle unless it has an ıer safety shield. ■

It's too bad we have to call it meat loaf.



It *is* meat loaf, but it's the empress of all meat loafs. A tangy, juicy confection that will be the family's favorite for years to come.

One secret of its goodness is the choice B in B Mushrooms. They're the plump, brown kind, all broiled in butter and packed in their own butter-rich broth. Broth you add to your cooking... not "throw away" brine, like you get with other brands.

Try them. They come 3 ways: Crowns, Sliced or Chopped. Now, for the recipe.

Empress Meat Loaf with Mushroom Stuffing

2 cans (3 oz.) B in B Sliced Mushrooms
1/2 cup minced onion
1/4 cup butter
4 cups soft bread crumbs
1/4 teaspoon powdered thyme
2-1/2 lbs. ground chuck
2 eggs, slightly beaten
1-1/2 teaspoons salt
1/8 teaspoon pepper
1/3 cup catsup
1/3 cup mushroom broth
1/4 cup minced parsley

Drain mushrooms, reserve broth. Sauté mushrooms and onion in butter until onion is transparent. Combine with bread crumbs, thyme, and parsley. Lightly mix together ground chuck, eggs, salt, pepper, catsup and mushroom broth. Pack half of meat mixture into 9¼ x 5½ x 2¾-inch loaf pan. Pack stuffing on top, then remainder of meat. Bake in 375° oven, 1 hour and 15 minutes. Then let stand for 15 minutes. Drain juices. Turn out onto serving plate. 8 servings.



B in B MUSHROOMS

Free Recipe Booklet. 32 pages of mushroom magic. For your copy, send label from any B in B Mushroom can with your name and address to B in B Mushrooms, Dept. BHG71, P.O. Box 88, Lancaster, Penna. 17604.

FAMILY FOOD IDEAS

The Almost* Perfect Lemon



No Seeds
No Cutting
No Squeezing
You Just Pour

*Some people think regular lemons are cuter.
(But they're devilishly more expensive.)



REALEMON FOODS
THE ONLY ONE THAT CAN CALL ITSELF REALEMON
BORDEN

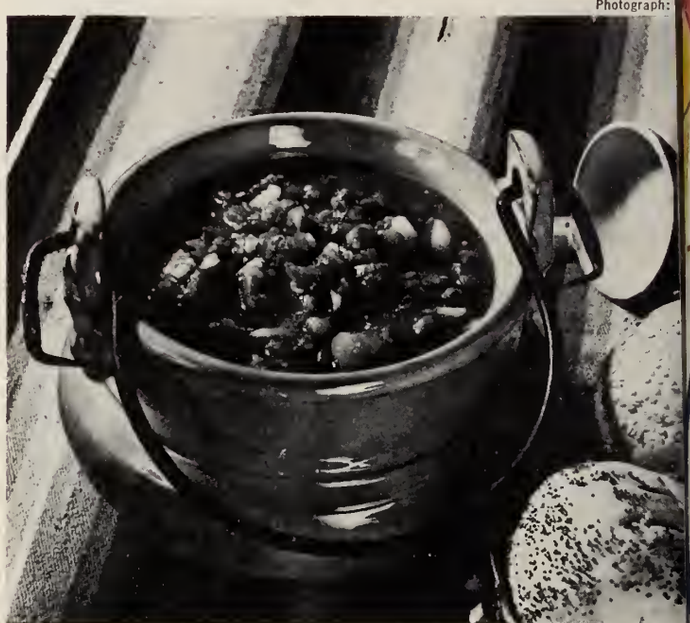


Food from afar: Mexico

Gazpacho

Gazpacho (gaz-pah′-cho), a chilled tomato-based soup, o
nated with Spanish peasants. The Mexicans adopted it
added their special flair. Their version features chopped cuc
bers, onion, tomatoes and garlic. The mixture is thinned with
water or tomato juice, olive oil and lemon juice or vinegar.
Mexicans add bread cubes instead of the layers of bread
Spanish use. What results is a delightful and refreshing lic
salad or colorful salad-like soup.

Photograph:



Buying information, page 1

A blender is a nifty way to chop the vegetables—

6 very ripe tomatoes, peeled and chopped (3 cups)
1 medium cucumber, peeled, seeded and chopped (1 cup)
1 small onion, finely chopped (½ cup)
1 small green pepper, finely chopped (½ cup)
1 small clove garlic, minced
1½ cups tomato juice
¼ cup olive oil
2 tablespoons vinegar
1 teaspoon salt
⅛ teaspoon pepper
Few drops bottled hot pepper sauce

(To loosen the tomato skins for peeling: Insert fork into toma
and plunge the tomato into boiling water for a few seconds. Or twirl tomato over a flame for just a moment.)

In a large mixing bowl, combine the chopped tomato, cucumber, onion, green pepper, garlic, tomato juice, olive oil, vinegar, salt, pepper and pepper sauce. Chill till serving time. Serve in bowls or individual icers. If desired, add an ice cube to each serving; top with toasted bread cubes. Makes 6 servings.

Hopk





The Special K Breakfast

4 oz. orange (or tomato) juice
1½ cups (1 oz.) Special K high-protein cereal
1 teaspoon sugar
4 oz. skim milk
Black coffee or tea
(less than 240 calories)

Successful weight control starts every morning.

Kellogg's® Special K® Breakfast starts your day with less than 240 calories, 99% fat-free and 100% delicious. Get your weight control program off to a sensible start every day with Kellogg's Special K Breakfast.

® Kellogg Company
© 1971 by Kellogg Company

"Big enough to get a drink by myself. That's how big I want to be!"

He'll never need Wonder Bread more than right now.

The time to grow bigger and stronger is during the "Wonder Years"—ages 1 through 12—when a child reaches 90% of adult height. Help your child by serving Wonder Enriched Bread. Each slice supplies vitamins, minerals, carbohydrates and protein. Delicious Wonder Bread!

WONDER® ENRICHED BREAD helps build strong bodies 12 ways®

Helps build strong bodies 12 ways®



FAMILY FOOD IDEAS

Outdoor appliances: handle with care

When summer calls, you'll be moving from house to porch or yard for picnics, parties and family meals. And with you will go some of your handiest portable electric appliances.

Appliances that are adaptable to outdoors include blender, electric fondue pot, waffle baker, coffeepot, electric hot tray and electric skillet.

Used safely, these appliances add comfort and convenience to your family's outdoor living. They can be hazardous, though, if you neglect safety precautions.

Electric cords are a frequent cause of accident and injury. Check cords carefully, particularly those on appliances which have not been used for several months. Also check extension cords which you'll probably need to get small appliances to out-of-the-way locations. Replace or repair cords that have brittle, cracked or worn insulation, no wires should be exposed. Also replace plugs which are cracked or bent. When appliance is not in use, avoid coiling cords too tightly or wrapping them around hot appliances.

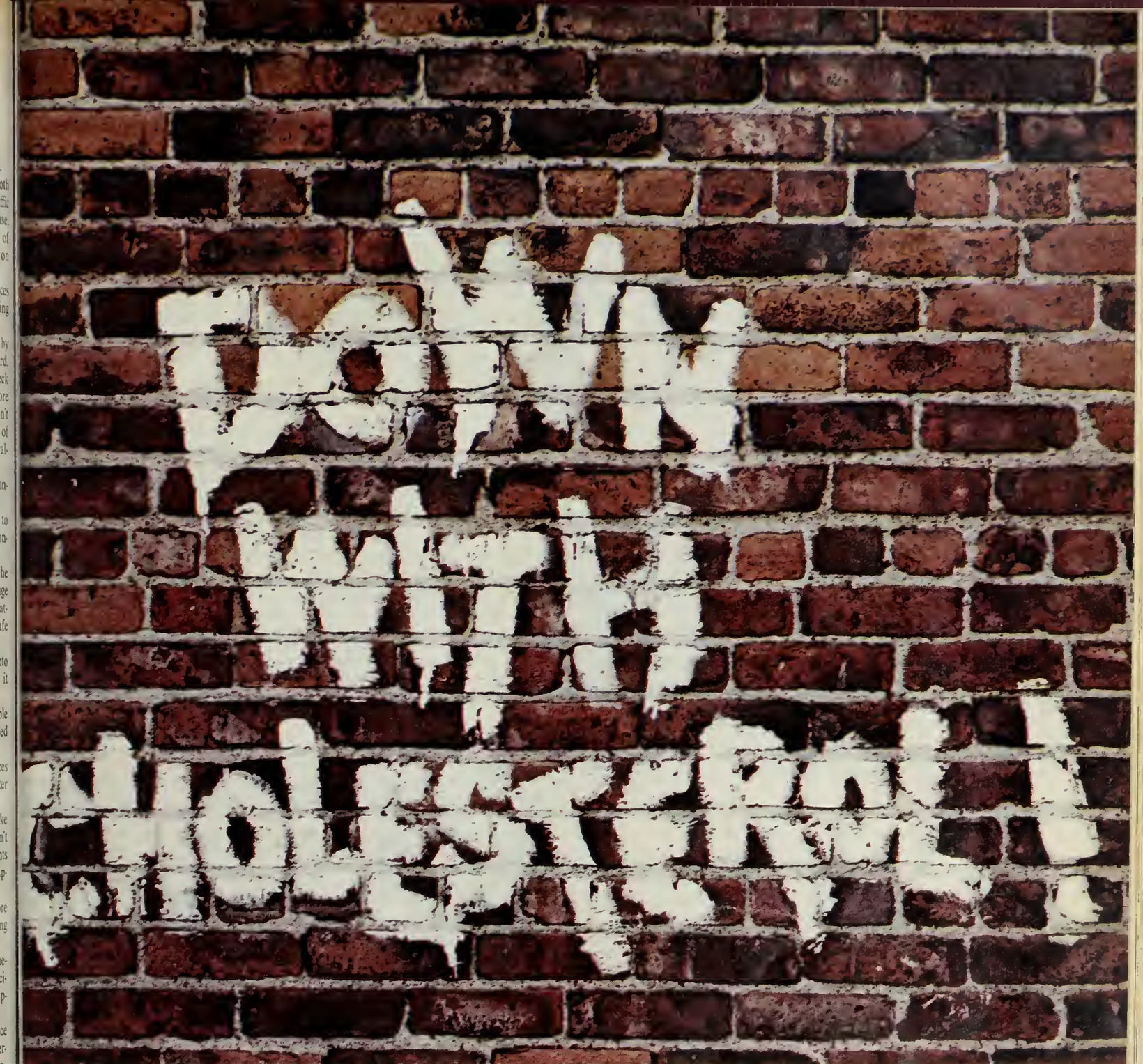
If you frequently cook outdoors or on the porch, play it safe by having a special circuit and outlets installed close to the cooking area. This eliminates the need for extension cords.

Ground all appliances except those with open heating coils. This is particularly important for portable appliances that are used outside or in damp places.

To avoid mishaps when using portable appliances outdoors, observe these safety tips:

- Follow manufacturer's instructions for use, care, cleaning and maintenance of portable electric appliances.
- Disconnect appliances when not in use and before cleaning.
- Avoid excessive and unnecessary use of extension cords and multiple connections.
- Cool appliances before cleaning, covering or storing them.
- Arrange adequate lighting both in eating areas and for traffic patterns to and from the house.
- Keep heating appliances out of the reach of children and on sturdy, dry, level surfaces.
- Always make sure appliances are turned off before connecting or disconnecting.
- Disconnect equipment by grasping plug rather than cord.
- Don't overload circuits. Check wattage on appliances before plugging them into outlets; don't connect more than a total of 1600 watts on any one general-purpose circuit.
- Use appliances in dry, uncrowded areas.
- Take special precautions to avoid tipping appliances or containers containing hot liquids.
- Use an appliance only with the cord made for it. A 16-gauge cord is usually required for heating appliances to provide safe current flow.
- Put probe-like controls into the appliance before plugging it into the outlet.
- Have defective or questionable appliances checked and repaired before using them.
- Don't use electric appliances where they could fall into water while connected.
- When using appliances like toasters and some broilers, don't touch exposed heating elements with metal utensils while appliances are connected.
- Dry hands thoroughly before connecting or disconnecting electric equipment.
- Don't place cords where someone may trip over them or accidentally pull the cord and appliance from table or shelf.
- Before buying an appliance or cord, look for the Underwriters' Laboratory (UL) inspection tag, which means it has met safety standards.
- Select portable heating appliances with sturdy, firmly attached, heat-resistant handles and legs for safe, easy moving and handling.
- Use only grounded appliances in wet or damp places.
- Don't stretch extension cords over long distances.
- Don't use light sockets for heating appliances such as a hot tray, coffeepot, or skillet, which require more current than light outlets normally supply.
- Use special waterproof UL-labeled cords, plugs and sockets for connecting electric appliances in patio or yard.

Entertaining outdoors with portable appliances can be enjoyable and fun providing care is taken when using them. ■



Cholesterol can build up from childhood on. Up and up until it may become a real health risk.

More and more people are getting concerned about it. But that's not enough. You've got to take action.

Many doctors advise everyone in your family to start eating foods that help lower cholesterol levels.

Like Fleischmann's® Margarine.

Made from 100% corn oil, and it's low in saturated fats.

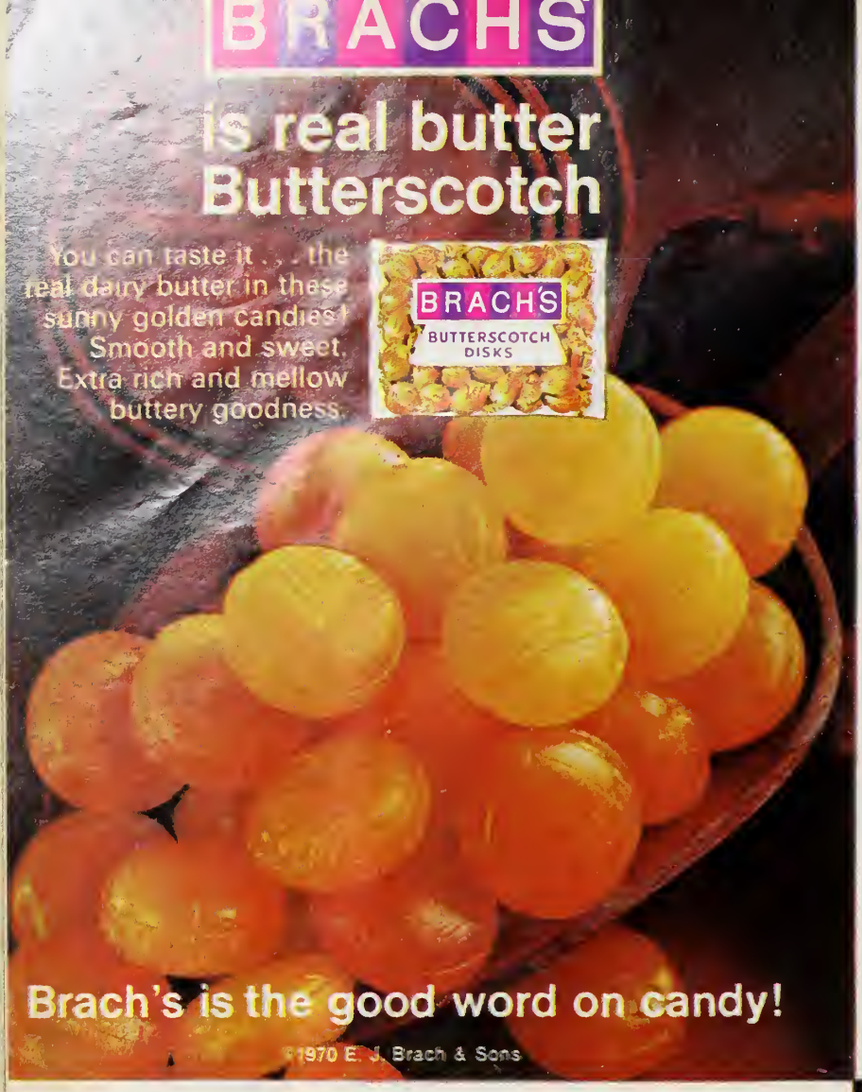
In fact, there's no better oil to help lower cholesterol levels.

And there's no better tasting margarine than Fleischmann's.



Fleischmann's®
the corn oil margarine doctors name most and people like best.

FAMILY FOOD IDEAS



THIS MONTH'S WINNERS

(See recipes on pages 67 and 68.)

Cooks-of-the-Month

Mrs. Howell Hemminger, Bremen, Ind.
Barbara Schenke, Caruthersville, Mo.

Runners-up

Mrs. Robert J. Dougherty, Greenfield, Wis.
Mrs. James O. Hanley, Minnetonka, Minn.
Mrs. H. H. Holland, Novato, Calif.
Ruth L. Oliver, Garden City, Kans.

Honor Roll

Lynn Baxter, Hoboken, N. J.
Mrs. Bob Hunt, Bowling Green, Ky.
Mrs. Ronald L. Dillard, Mannboro, Va.
Miss Holly Huckins, Grosse Pointe Woods, Mich.
Mrs. Ivan Lauck, Whittemore, Iowa
Mrs. Delores Luze, Wall, S. Dak.
Mrs. J. Spencer Morgan II, Little Silver, N. J.
Mrs. Ross Phillips, Cincinnati, Ohio
Mrs. Donald E. Rickers, Worthington, Minn.
Mrs. John R. Van Houtum, Sparta, Mich.
Mrs. Wesley W. Wilson, Missoula, Mont.
Mrs. Gerald W. Zimmer, Oregon City, Oreg.

Contest Rules

1. Write or type your recipe clearly on one side of the paper an mark it "January Fast Canned Seafood Casseroles" or "Januar Fancy Canned Seafood Casseroles." Send a recipe for each the two categories if you like.
2. Print your full name and address in upper right corner of pape
3. Give measurements in level cups, tablespoons, teaspoons.
4. Specify brand names of the nationally known food products yo use as ingredients so we can test your recipe with the same brand
5. Include 50 to 100 words about the origin of the recipe you submi
6. Recipes submitted become property of Meredith Corporation.
7. Entries must be postmarked by midnight June 30, 1971. In cas where duplicate recipes are submitted, the one with the earlie postmark will be judged. All judges' decisions will be final.
8. We reserve the right to adjust and edit winning recipes.
9. Address the recipes you enter to 7106 Test Kitchen, Better Hom and Gardens, Des Moines, Iowa 50303.



FAST AND FANCY CANNED SEAFOOD CASSEROLES

What's your favorite casserole using canned salmon, tuna, sardines, clams, oysters, crab, shrimp or lobster? You could be a prizewinner next January. Two Cooks-of-the-Month receive $50 each. Four Runners-up receive $25 each and 12 Honor Roll winners get $10 each. Selected winning recipes will be pictured on the Prize Tested Recipes pages next January. All 18 winners receive a framed Better Homes and Gardens Certificate of Endorsement and six copies of the endorsed recipe.

Hints to Help You

Fast canned seafood casseroles may be your quick seafood fix-up with canned soup, sauce or seasoning mix, pastry mix or rice mix. Do you have a one-dish meal that comes from cans on the shelf? Hints:

oven oyster-corn ramekins
clams with Spanish rice
lobster cheese bake
tuna vegetable pie
salmon potato scallop

Fancy canned seafood casseroles might be your specialty for a buffet or dinner party. What's your unique seasoning blend or flavor combination? Do you use a wine sauce over a seafood soufflé? Ideas:

tuna strata
chopstick shrimp
festive salmon casserole
Newburg-sauced crab squares
southern oyster bake



becue ideas

s on page 54

-Sour Cornish Hens

en Cornish game hens
to 16 ounces each), thawed
nce bottle (1 cup) sweet
sour dressing
-ounce can tomatoes,
up
slices lemon, halved
cavity of each bird with
salt and pepper. Skewer
nd tail openings closed.
pit through each bird be-
eastbone and secure with
g forks. With four 18-inch
of cord, tie tail to crossed



Photographs: Dieter

ring cord around to back,
and bring around and
breast securing wings to
Tie knot, cut off loose
Space birds about 1 inch
on rod. Place the spit on
rie 6 inches over hot coals
rn on motor. Baste fre-
y with a little melted but-
margarine. Roast birds till
nts move easily, about 45
s. Meanwhile, in sauce-
combine sweet and sour
g, tomatoes and lemon
heat just to boiling. Roast
15 minutes more, basting
omato mixture. Pass extra
Makes 4 servings.

Seasoned Round Steak

neat with tongs instead of
to preserve the juices—
lope taco seasoning mix
water
tequila or dry sherry
d round steak, cut 1½
inches thick
ne seasoning mix, water
equila. Trim excess fat
round steak; slash the fat
t 1-inch intervals. Place
n large plastic bag in deep
Pour taco marinade into
eal and marinate several
or overnight in refriger-
turning once. Drain, re-
marinade. Grill steak
edium coals 3 inches from
or a total of 30 to 35 min-
or rare doneness, turning
frequently and basting
reserved marinade each
Slice across grain to serve.
5 to 6 servings.

The Ravioli Smile.



Some kids even laugh out loud. They think it's fun food, treat food, celebration food. But it's more. Chef Boy-ar-dee® Ravioli is a nutritious food too. And most kids don't stop at one serving.

What is a ravioli? It's a square of macaroni, a big helping of beef in the middle, another macaroni square on top. Then it's cooked in thick tomato and cheese sauce. There's Chicken or Cheese Ravioli, too. And only about 20¢ a serving.

The Ravioli Smile. You don't get it with soups or sandwiches.



Chef Boy-ar-dee® Ravioli

FAMILY FOOD IDEAS

Guacamole Burgers

Corn chips add crunch—
1 pound ground beef
½ cup crushed corn chips
⅓ cup milk
1 teaspoon worcestershire sauce
½ teaspoon onion salt
1 7¾-ounce can frozen avocado dip, thawed
1 tablespoon lemon juice
Few drops bottled hot pepper sauce
1 small tomato, peeled, seeded and chopped
5 hamburger buns, split, toasted and buttered

Mix together ground beef, corn chips, milk, worcestershire and onion salt. Shape into 5 patties. Grill over hot coals 4 to 5 minutes on each side. Top with *Guacamole Sauce:* Combine avocado dip, lemon juice and

Continued

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Babies are our business...

Gerber Products Co., Fremont, Mich. 49412

FAMILY FOOD IDEAS

Barbecue ideas *Continued*

hot pepper sauce. Stir in chopped tomato. Serve hamburgers in toasted buns. Makes 5 servings. (Double recipe to match picture.)

Curried Rib Roast with Rice Stuffing

Use mortar and pestle to make the curry paste—

½ cup long-grain rice
¾ cup water
¼ cup dry sherry
1 beef bouillon cube, crumbled
1 tablespoon curry powd
1 tablespoon snipped pa
1 tablespoon water
1 clove garlic, minced
½ teaspoon turmeric
⅛ teaspoon freshly grou pepper
5- to 6-pound beef rib ro boned, rolled and tied

In small saucepan, comb the ¾ cup water, the sh crumbled bouillon cub to boiling; reduce heat mer till rice is tender, minutes. Meanwhile, paste of curry powder, the 1 tablespoon water, lic, turmeric and peppe and carefully unroll ro all surfaces of meat wi



paste. Spread rice mix unrolled surface of meat roast and tie securely. roast on spit, fastenin holding forks. Insert m mometer. Attach spit; motor. Roast over mediu for 3 to 3½ hours or t mometer registers 15 medium-rare or till desire ness. Let stand 15 Makes 10 to 12 servin

Apricot-stuffed Pork Ch

Dry mustard adds zip—

6 pork rib chops, cut 1 in thick
1 17-ounce can apricot h
¼ cup catsup
2 tablespoons chopped on
2 tablespoons cooking oil
1 tablespoon lemon juice
½ teaspoon dry mustard

Cut pocket in each chop, from fat side almost t edge. Season cavity with salt and pepper. Drain a reserving ½ cup syrup two apricot halves in p



each chop. Cut up re apricots; set aside. Grill over medium coals. 35 m turning once. Meanwh

TRUTH IN PACKAGING !



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Buddig low-fat lunch meats.

Try these delicious Carl Buddig smoked, sliced products: Beef, Ham, Turkey, Corned Beef, Chicken and Pastrami. ©1971, Carl Buddig and Company.

FAMILY FOOD IDEAS

...in, combine catsup, on-...l, lemon juice, dry mus-...eserved apricot juice and ...apricots. Heat to boiling; ...heat and simmer 15 min-... Cook chops 5 minutes ...brushing often with cat-...ixture. Pass remaining ... Makes 6 servings.

...uau

Hawaiian-themed party—
... chicken broth
... pineapples
...unds cooked ham, sliced ...ch thick and cut into ...ng-size pieces
...um sweet potatoes or ...s, cooked just till tender, ...ed and halved lengthwise ...ge, thinly sliced
...nce package frozen pea ..., thawed
... Glaze
...hicken broth into 13-inch ...an. Place a small heat-...rivet or cooling rack over ...in center of pan. Remove ...om one of the pineapples



...et aside. Pare pineapple, ...ng eyes by cutting in a ...fashion. Place in center of ... rack. Remove top from ... pineapple; pare and cut ...edges, removing core. Ar- ... pineapple wedges, ham, ...potatoes and orange slices ... whole pineapple. Cover ... with foil; set on wok ... directly in medium-low ... Steam 15 minutes. Re- ...foil. Arrange pea pods ...ther ingredients. Replace ... and steam 15 minutes ... With baster or spoon, re- ...liquid from wok. Drizzle ...ents with hot Orange ... Replace top of whole ...ple in center to serve. ... 6 servings.

...make Orange Glaze: In ...an, combine ⅓ cup or- ...marmalade, 3 tablespoons ... or margarine and 2 table- ... light corn syrup. Heat ...ir till mixture is blended.

...n Pepper Pinwheels

...neapple chunks or mush- ...crowns in the center of ...nwheels, too—
... cooking oil
... water
... soy sauce
...oons worcestershire
...e
Few drops bottled hot pepper sauce
1 tablespoon lemon pepper
2 to 2½ pounds beef flank steak
Cherry tomatoes
Mushroom crowns

Combine oil, water, soy sauce, worcestershire, hot pepper sauce and lemon pepper. Pound flank steak with meat mallet till about ¼ inch thick; cut in 8 to 10 two-inch strips. Place flank steak in shallow dish. Pour pepper marinade over. Refrigerate several hours, turning steak occasionally. Drain, reserving marinade. Loosely roll each strip around cherry tomato or mushroom crown, forming 8 to 10 pinwheels. Skewer closed. Grill

Continued

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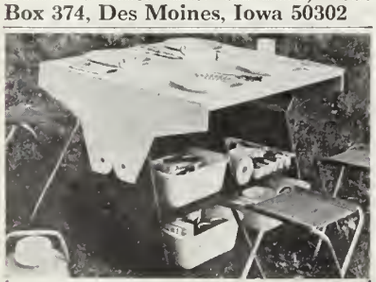
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Des Moines, Iowa 50302

Barbecue ideas

Continued



pinwheels over medium coals, turning once, for 20 to 25 minutes for rare doneness. Baste with marinade frequently. Makes 8 to 10 servings.

Teriyaki Turkey

Great idea for a neighborhood gathering—

9- to 10-pound turkey
½ cup cooking oil
½ cup soy sauce
¼ cup dry sherry
2 teaspoons ground ginger
2 teaspoons dry mustard
1 large clove garlic, minced

Have meatman cut turkey in the following pieces: 2 wings, 2 drumsticks, 2 thighs, 4 breast pieces and 2 back pieces. Combine oil, soy, sherry, ginger, mustard and garlic in shallow dish. Place turkey pieces in marinade for 2 hours at room temperature or overnight in refrigerator, turning meat once or twice. Drain turkey, reserving the marinade. Place turkey pieces, except back pieces, on grill 6 to 8 inches above medium-hot coals. Grill, turning occasionally, for 30 minutes; add back pieces and cook 30 minutes more. Baste turkey pieces with reserved marinade and broil another 30 minutes, turning. Makes 8 servings.

Squash on a Stick

String small crookneck, pattypan and zucchini squash on skewers. Brush with melted butter or margarine and cook over medium-hot coals, turning frequently, for 20 to 25 minutes or till done.

Mustard-brushed Bologna Kabobs

An excellent appetizer, also—

4 tablespoons butter or margarine, melted
2 tablespoons Dijon-style mustard
1 tablespoon snipped parsley
2 teaspoons lemon juice
Dash pepper
1-pound chunk bologna, cut into 1-inch cubes
1 13¼-ounce can pineapple chunks, drained

Combine butter or margarine, mustard, parsley, lemon juice and pepper. Thread bologna cubes on skewers alternately with pineapple chunks. Brush with butter mixture. Cook over medium coals, turning frequently till heated through, 8 to 10 minutes, brushing often with butter mixture. Makes 4 servings.

Chicken Provencale

Use this sauce on steaks, too

4 broiler-fryers, halved lengthwise
½ cup butter or margarine, softened
2 large tomatoes, peeled, seeded and finely chopped
¼ cup thinly sliced green onions
¼ cup snipped parsley
¼ cup dry sherry
1 clove garlic, minced
½ teaspoon sugar

Brush broiler halves well with little cooking oil and season lightly with salt and pepper. Cook cut side down on grill over low coals till well browned, about 1 minutes. Turn; grill 20 minutes more. Meanwhile, in small bowl blend together remaining ingredients (mixture will separate slightly). Broil 10 minutes more or till meat is tender, turning and brushing each side twice with sauce. Makes 8 servings.

Hot Barbecue Ribs

A robust barbecue sauce—

4 pounds country-style pork ribs
¼ cup light molasses
¼ cup prepared mustard
¼ cup lemon juice
1 tablespoon worcestershire sauce
½ teaspoon bottled hot pepper sauce
¼ teaspoon salt

Simmer ribs, covered, in salted water to cover till tender, 45 to 60 minutes; drain. Meanwhile, in small saucepan, gradually blend molasses into mustard; stir in remaining ingredients. Heat to boiling. Grill ribs over slow to medium coals for 10 to 15 minutes on each side, brushing often with sauce. Garnish with lemon slices. Makes 4 servings.

Foil-roasted Corn

Spread corn with butter or margarine; sprinkle with a little salt and pepper, then wrap securely in foil. Roast for 20 to 25 minutes over medium coals, or bake



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oven for 15 to 30 min-
pending on size of ears,
several times.

stuffed Steak

loin about 5 minutes
han porterhouse—
to 1½-pound
rhouse steaks, cut 1½
s thick *or* 2-pound
n steak, cut 1½
s thick
chopped onion
clove garlic, minced
poon butter or margarine
dry red wine
poons soy sauce
iced fresh mushrooms
poons butter or
arine
t edge of steak at 1 inch
s, being careful not to
meat. Slicing from fat
t pocket in each side of



utting almost to bone. In
cook onion and garlic in
ablespoon butter or mar-
Season with dash *each*
pepper and celery salt.
ockets with onion mix-
kewer closed. Combine
nd soy sauce; brush on
Broil over medium-hot
or 25 to 30 minutes for
till desired doneness,
once, brushing occa-
with soy mixture. In
illet, cook mushrooms in
ablespoons butter till ten-
ur over steak. Slice across
Makes 4 servings.

e-topped Tomatoes

ripe tomatoes
soft bread crumbs
(1 ounce) shredded sharp
ss American cheese
poon butter or
arine, melted
l parsley
F tops of tomatoes. Sea-
h a little salt and pepper.
e bread crumbs, cheese
ter or margarine; sprinkle
omatoes. Garnish with
parsley. Wrap each in
cook at edge of grill over
-hot coals about 20 min-
till heated through. Serve
ately. Makes 4 servings.

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NEXT MONTH

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Outdoor Grills: Which one for you?

By Janice Heckroth,
Appliances, Housewares, Management Editor



Photograph: Hopkins *Buying information, page 109*

Your choice is big as all outdoors: (front) a small portable beach charcoal grill; (right) a kettle-type charcoal grill with smoke cover; (rear) a twin-grill gas grill; (left) a covered electric grill.

Whether you're headed for the woods, the beach or your own backyard, there's a grill for you. It may be charcoal, gas or electric; it may be portable or stationary.

Which type you select will depend on where you plan to use it, the amount of money you want to invest and how much experience you have in barbecuing food outdoors.

Consider these key points when you shop for a grill:

Material: Grills are made of steel or cast aluminum; some have a porcelain enamel finish. The metal should be sturdy and heavy gauge.

Durability: Price is one clue to how sturdy a grill will be. Obviously, a small portable should not be expected to last as long as a larger and costlier unit. Be sure that the unit is evenly coated and not chipped so it will resist rust and deterioration whether it is used in the backyard or at the beach.

Economy: Whether to buy a charcoal, gas or electric grill depends on the source of fuel readily available to you. If you must run a main gas line to your home or add additional electrical wiring to the area where the grill is to be used, a charcoal grill may be your best value. However, if gas or electricity is readily available or there is only a minor cost for installation, then that may be your choice.

Size: This depends on how you plan to use the grill. If you cook out infrequently or only with small groups, there is no need to buy a large grill or a double grill.

Operation: Cooking on the grill should be fun and relaxing. So choose one that is easy to operate, maintain and keep clean. The location of the grill should be convenient to the kitchen and to the eating area. If the grill is not stationary, make sure it's easy to roll about, on the grass as well as on a patio. If you plan to take the grill to the beach and other spots, be sure it's easy to carry. A grill can be used outside in winter as well as summer so consider its movability and location with this in mind.

Appearance: The grill is a part of your backyard scene. Select one that is attractive and is likely to keep a like-new appearance for a long time.

Charcoal Grills: A wide range is available from the small beach grill to the large covered cooking kettle.

The amount of charcoal needed differs with the equipment and the food you plan to cook. A shallow fire is simple to control and fine for broiling steaks or chops. Large roasts require more charcoal, a larger fire and longer cooking time.

Coals are ready for cooking when they look ash-gray by day, and have a red glow after dark.

For steaks, burgers, kabobs and other meats you want to cook rapidly, use a relatively hot fire. A moderate fire is fine for larger pieces of meat such as roasts. For slow-cooking cuts such as pork chops and spareribs, use a slow fire.

An easy way to tell the heat of the fire is to hold your hand over the coals at the height the food will be cooking. Begin counting "one thousand one, one thousand two" and so on. If you can comfortably hold your hand only to "one thousand two," you have a relatively hot fire; "one thousand four," a moderate fire, and "one thousand six," a slow fire.

If you have an open-type unit and want to save the coals after cooking, use tongs to transfer the coals from the firebox to a bucket. Smother the fire by covering the bucket tightly. If your barbecue unit has a hood or is the kettle type, lower the hood or lid and close the dampers.

Also remove the hot grill top and keep the grill covered with wet paper towels or wet newspapers while you eat. Later a few swipes will clean the grill. For stubborn spots, use scouring or abrasive-type pads. Periodically clean out the firebox and wash with soap and water.

Gas Grills: These are self-contained appliances that cook primarily by radiated heat. The gas flame heats pumice rock "coals" which then heat and cook the food. Fat drips onto these coals and flares or smokes to produce a barbecued appearance and flavor. For stronger smoked flavor, sprinkle hickory chips over the coals.

The main difference between a charcoal grill and a gas grill is that the charcoal is consumed in use and the temperature of the coals may vary during the cooking time.

A gas grill maintains the same temperature as long as the gas burner is operating at a particular setting. Read the manufacturer's instructions before using a gas grill.

Preheating is necessary because briquets must radiate heat to cook the food. Leave the grill open and preheat at high setting for five to 15 minutes, depending on the food to be cooked.

Using a gas grill is very simple, but some factors can affect cooking and cooking time: location of the grill, whether the cover is open or closed, air temperature, wind velocity and direction, temperature of food at start of cooking, size and shape of meat, personal preference of doneness. Cooking with the grill cover open or closed is also a matter of preference. There is a greater concentration of heat and smoke if the cover is closed. In general, the cover should be closed for cooking large cuts of meat such as hams, roasts or turkeys.

Expect and encourage a moderate amount of flaring and smoking when cooking on a gas grill. Smoke provides flavor, and flaring gives a rich brown color. If excessive flaring occurs, move the food to another location on the grill or sprinkle a small amount of water on the briquets.

Common causes of excessive flaring, resulting in burned food are: preheating too long, preheating at too high a setting, high fat content of food, or briquets that are coated with drippings.

After using the grill, leave the burner on at medium setting, lower the cover and let food particles cook off for about 15 minutes. Then take a wire brush and brush off the grid. Periodically the grid will need to be removed for washing in sudsy water.

The briquets are self-cleaning; food particles and grease will burn off while the grid is being "burned off." It's best to turn the briquets every few weeks so that all surfaces are kept clean.

Occasionally, brush the burner with a stiff brush to remove any cooked-on grime. Open any clogged ports with a wire. Take out all interior parts, brush out bottom to remove any food ash, and wash interior and exterior of grill with hot sudsy water. Rinse and dry thoroughly.

Electric Grills: They are also self-contained appliances that can be used for grilling, baking or roasting depending on the type of grill purchased.

Some electric grills have coils that heat briquets which then cook the food. Others use no briquets but heat directly from the coils.

Most electric grills are portable; however, they can be permanently installed.

Like the gas grill, an electric grill offers the convenience of easily controlled heat. Read the manufacturer's instructions before using an electric grill.

Preheating is necessary especially when the unit uses briquets.

Follow the manufacturer's directions and the information given under *gas grill* for cooking variables and using the smoke hood.

There may be some flaring but the cause, such as fat drippings, will soon burn off. Because electric coils clean themselves during the cooking process there will be no buildup of grease on the coils. However, to clean the briquets, close the hood, open the vents and set the temperature on high until no more smoke comes out of the vents. ■

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Calorie counting on your vacation

When you embark on vacation this year, will your diet go with you or stay at home? If you're a wise eater and follow a good exercise program while you're "relaxing," you might even return home slimmer! Clip these smart tips to the inside of your luggage, traveling kit, or picnic basket.

Cooking in

- When you pack a lunch, limit sandwiches to one or even a half. Use thinly sliced bread. Try cucumber-lettuce-tomato, or one slice of meat in your sandwich. Let the others choose high-calorie dressings and spreads—you stick to prepared mustard or horseradish.
- Carry a fruit dessert and any packable raw vegetables such as lettuce wedges, celery, carrot and green pepper sticks, and cauliflower buds.
- Instead of drinking less milk to cut calories, drink milks lower in calories than whole milk, such as skim, reconstituted nonfat dry milk, and buttermilk (only 90 calories per 8-ounce glass).
- Watch your consumption of alcoholic beverages, too.
- Drink unsweetened fruit juices between meals and as appetizers when others are sipping creamed soups and calorie-packed cocktails.

Eating out

- Begin your day with a nutritious breakfast. It cuts down on snacking [illegible] rest of the day. Also, you usually w[ill] off breakfast calories during your m[ore] ing activities.
- Limit yourself to only one starc[hy] food per meal. Sacrifice the roll bas[ket] if you intend to order a baked pot[ato] (sans sour cream, of course).
- If you order a potato, be sure [it's] baked (90 calories) instead of Fre[nch] fried (ten fries, 155 calories).
- Order broiled chicken (three-ou[nce] serving is 185 calories) instead of fr[ied] chicken (same amount is 215 to [illegible] calories).
- Stay away from gravies and sau[ces], pastries and nuts.
- Try lemon juice, vinegar, or tom[ato] juice on salads instead of creamy sa[lad] dressings, mayonnaise, and oil.
- Entrees of broiled, baked or roas[ted] meat, fish, or poultry are best. In th[ese] methods of cooking, no fat is added a[nd] the meat fats drop to the bottom of [the] cooking pan.
- Choose vegetables without crea[m] sauces or butter.
- If substitutions are allowed in [the] restaurant, ask for cottage cheese [or] fresh fruit salad instead of asparag[us] hollandaise, or ask for a plain vegetab[le] instead of the potato.
- Use your knife and fork to trim c[al]ories. Cut all fat from meat. Remo[ve] skin and bread coating from fried [or] batter-dipped foods. Push gravies, ri[ch] sauces, toppings, and dressings asi[de]. You'll want to do all your trimming d[i]creetly, of course.
- If you can't resist something swe[et] after dinner, you might order plain i[ce] cream, sherbet, or gelatin.

Burning up calories

Put out more energy than you take i[n]. Park a distance from your destinati[on] and walk (to use 140 calories per hou[r]). If you're in a camping area, participa[te] in the many activities available.

Activity	Calories used p[er] hour
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skiing	562
swimming	553
runnir g	490
jogging	394
horseback riding	301
tennis	281
fast dancing	266
skating	245
slow dancing	210
bicycling	175
golfing	94

- Figures are based on statistics for [a] 154-pound man as calculated by *Th[e] Yearbook of Agriculture, 1959.*



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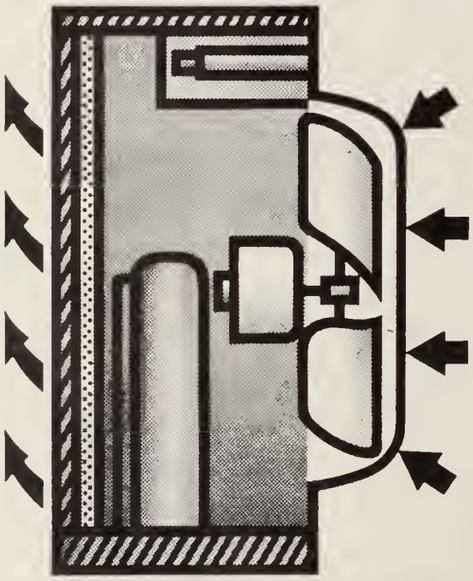
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Small tires *Continued*

tendeney to pile all the family gear into the boat or eamp often results in loading the trailer tires beyond their eapaeit Be sure that the tires are rated to earry the antieipated lo ineluding all eargo, equipment and aeeessories.

Carrying a spare is good insuranee against trip-spoili emergeneies. Many of the small trailers do not have spa tires as standard equipment, and some of the small siz may not be available in remote areas. ■

What the new oil-can markings mean

The *type* of oil you put into your erankease is just as in portant to engine performanee and life as the grade of oi

Those mysterious eode letters on an oil eontainer hav long contributed to the confusion about whieh oil to use. T make your ehoice easier, the Ameriean Petroleum Institu (API), the Soeiety of Automotive Engineers (SAE) and th Ameriean Society for Testing and Materials (ASTM) hav developed a simplified labeling system. Here's a breakdow of the new designations for oils intended for use in interna eombustion engines:

SAE Letter Designation	API Engine Service Description	ASTM Engine Oil Description
SD	1968 Gasoline Engine Warranty Service	Meets the require ments of all auto mobiles manufac tured since 196
SC	1964 Gasoline Engine Warranty Service	Meets the require ments of all auto mobiles manufac tured from 196 thru 1967
SB	Minimum-Duty Engine Service	Contains som antioxidant an anti-rust addi tives; suitable fo some small 4 cycle engines
SA	Utility Gasoline and Diesel Engine Service	No additives; suit able for use a a general-purpos shop lubricant.

Four other letter designations—CA, CB, CC and CD—may appear on the container, but these are of interest only to owners of diesel engines.

Here's how to interpret a typieal label or can top:

A.P.I. SD CC S.A.E. 10 w 30

"SD" speeifies that the oil meets the API requirements for automobiles manufactured from 1968 to the present. "CC" means that the oil will also meet the requirements of eertain diesel engines. "10 w 30" indicates that the oil is a multiple viseosity grade meeting SAE standards.

Type SD oil ean be used in all ear engines. If your ear is a 1968 model or newer, you *must* use type SD to keep the warranty valid. Cars made before 1968 ean also use SC oils. You're better off, though, using SD oil, especially if your ear is subject to lots of short-trip, low-speed driving. And, if your ear is an oil-burner, you may as well use the SC. Types SB and SA are not recommended for automotive use. ■



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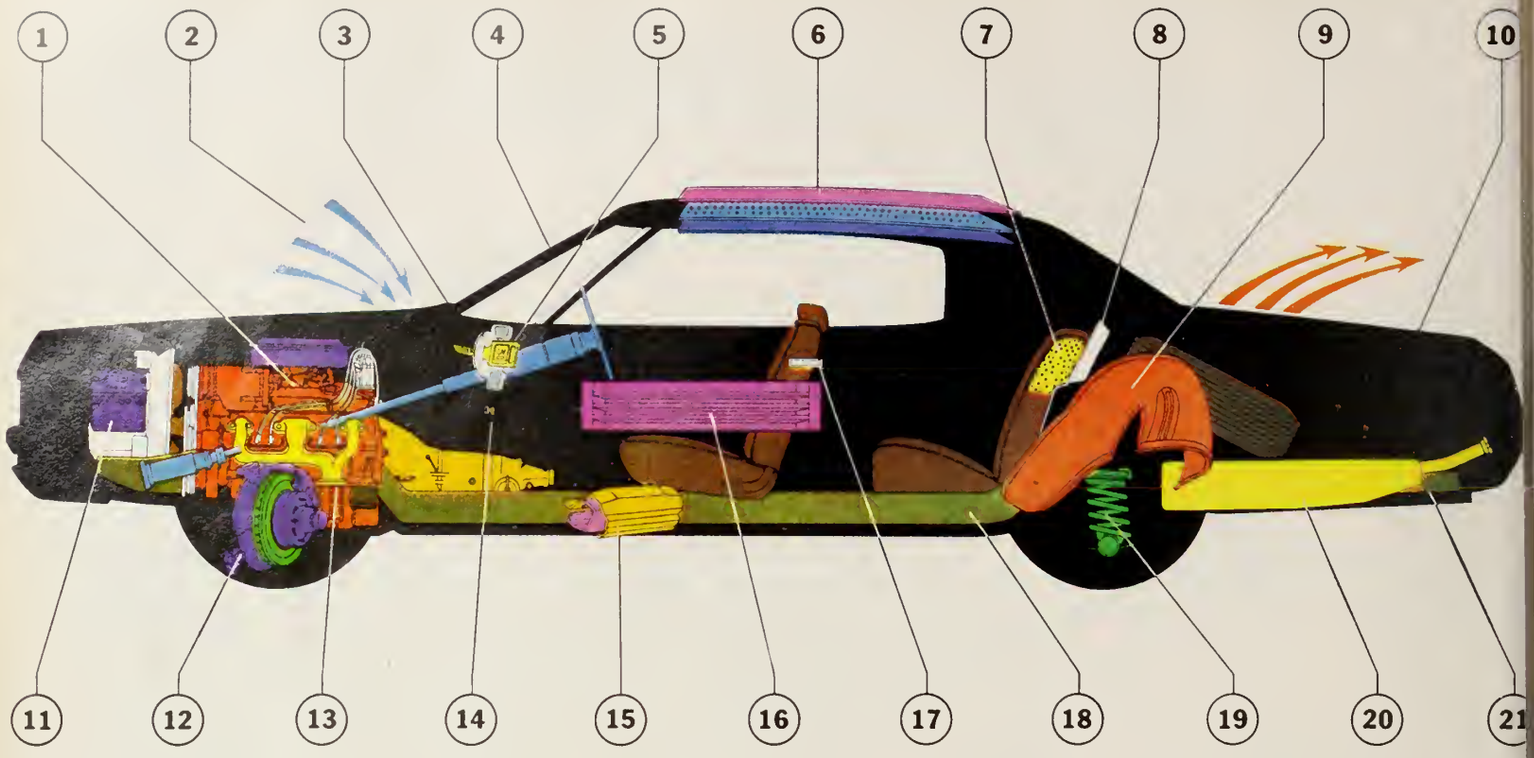
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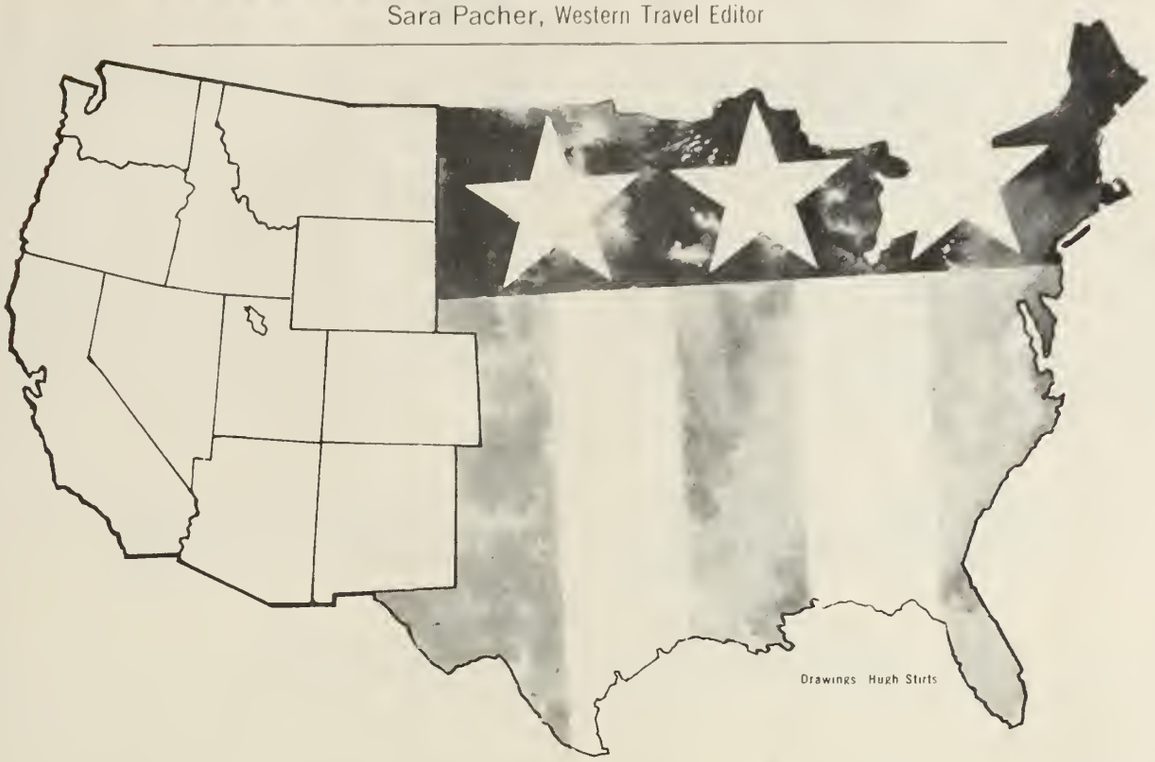
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Impala

the best short vacations in the west

Sara Pacher, Western Travel Editor



This year more Americans will take mini-vacations than ever before—partly because of the new plan for moving certain national holidays to Friday or Monday. Three days isn't enough time for a family to explore places like those featured in *Better Homes and Gardens* last month: the North Cascades or Eastern Sierra, for example. But the West boasts an abundance of other choice spots ideally suited to short vacations. Here are some that rank among the best.

Colorado Mining Tour

It took weeks to complete this loop trip out of Denver when the mine camps were booming. Today you can recapture some of that tumultuous past in a weekend. Though the roads have changed, the awesome, ice-carved Colorado Rockies are still the same.

Take U.S. 6 west out of Denver, making a side trip on Highway 119 to Central City, located in an area that produced over 80 million dollars in silver and gold and brought 40,000 people to town during the last half of the century.

By the early 1900s, Central City's population had dropped to 400, but it was too tough and colorful to die. In 1932, Lillian Gish opened the first season of the highly successful Central City Opera and Drama Festival in the restored Opera House, where Sarah Bernhardt and Edwin Booth had once performed. Each year, the festival's opening day is celebrated with a lively, old-fashioned, gold-camp-style play.

There are art museums, shops and taverns, as well as Colorado's first drugstore and high school. Inside the old Teller House, you can still see the painting, "Face on the Bar Room Floor," which is appropriately named. Jeep trips will take you to the mining area, including the Glory Hole, a 300-foot-deep open pit mine.

Retrace your route to Highway 6 and Idaho Springs, where you'll find Radium Hot Springs, long used by the Indians for their curative powers. Pan for gold in Chicago Creek, where the metal was first discovered in Colorado, and take a free tour of the Edgar Mine, an experimental mine of the Colorado School of Mines.

Your next stop will be quiet, lovely Georgetown, with its brightly painted houses and iron lacework. Its silver-boom population of 10,000 has shrunk to 500, but the "Silver Queen" has much to offer, including five museums.

It's just a short drive from Georgetown to several of the well-known ski resorts of the Loveland Pass area of the Front range, the site chosen for the 1976 Winter Olympics.

Two miles west of Georgetown, you pass through Silver Plume, named for the plume-shaped silver deposits that were mined here. High on a mountain between the two towns, you can see the remains of the Georgetown Loop, a railroad engineering marvel that brought the silver down from the mines.

Climbing over 11,992-foot Loveland Pass and crossing the Continental Divide, you reach Dillon, a town completely moved to higher ground when the Dillon reservoir was built. Its modern buildings and alpine chalets are in sharp contrast to the 19th-century charm of Breckenridge, a popular ski resort 14 miles away.

Over Hoosier Pass, you'll go through the gold camp of Alma, where some mines are still being worked, and on to Fairplay, at the junction of Highway 9 and U.S. 285. There is a monument here to a burro named Prunes, who worked in the mines for many years. From Fairplay, U.S. 285 will take you over Kenosha Pass and back to Denver.

Continued



San Diego's Mission Bay, a huge recreation complex dredged from a former marshland, offers an astonishing variety of family fun.

Boating is a major pastime. There are eight marinas where you can rent a boat or launch your own. Sail Bay is set aside just for sailboats, while the eastern portion of the park is reserved for powerboats and water skiers.

Fishermen find good shore fishing along miles of sloping, sandy beaches, and Quinalt Bay has sport fishing boats for deep-sea charters, including overnight excursions.

Seven coves provide safe swimming areas with lifeguards. Most of the coves are adjacent to grassy lawns with restrooms, dressing areas, snack bars, picnic tables and fire rings for outdoor cooking.

You can spend a whole day at Sea World, one of the largest marine-life centers in the world. One admission price ($3.50 for adults, $2.50 for ages 13 to 17 and $1.25 for children five to 12) covers aquarium and sea life exhibits and all major shows, including performances by trained dolphins, killer whales, seals and penguins. The sky tower at Sea World gives you a great view of the whole area.

There are many excellent hotels, resorts, restaurants and night spots. To plan your stay, visit the Tourist Information Center for Mission Bay off Highway 5 (use the East Mission Bay Drive exit), or write to Mission Bay Leasees Association, 2688 East Mission Bay Drive, San Diego, Calif. 92109.



When the people around San Diego talk about going to "the backcountry," they are referring to a 4258-square-mile area of cool mountains and hot desert less than an hour's drive from the city. You can get a taste of the area in a day, but you'll find it's well worth a weekend or more.

Take Interstate 8 out of the city to the Sunrise Highway (S1), which takes you through the oak, pine, cedar and manzanita forests of the Laguna Mountains to the quaint apple-growing community of Julian. Just outside of town, there's a hundred-mile view of the desert landscape below.

Over 15 million dollars in gold came from this area in the 1870s, and the Julian Memorial Museum is dedicated to the history of those boom days. Today the riches of the region are delicious jams, jellies, honey and cider.

From Julian, according to the time you spend, you have a wide choice of routes. One of the best is the steep Banner Grade (Highway 78) down to Borrego Springs, an off-the-beaten-path desert resort and focal point for exploring the unspoiled regions of Anza-Borrego, the nation's second-largest state park. If you have a jeep, you can explore the 600 miles of trails that wind through the rugged terrain, or take a self-guided drive to more accessible areas. There's plenty to see. Stop by the State Park Headquarters at Borrego Palm Canyon campground, two miles west of Borrego Springs, for detailed information and maps.

During summer months, you'll be more comfortable in the mountain area. You can travel north from Julian on Highway 76 to the Palomar Observatory for a look at the world's largest telescope. An exhibit hall contains illuminated photographs, some in color, of the nebulae, galaxies and constellations. Both the dome gallery and exhibit hall are open daily from 9:30 a.m. to 4:30 p.m. There is no admission charge.

From the observatory, route 76 will bring you to Pala (an Indian community with a replica of the mission San Antonio de Pala) and back to the coast. Or you can take U.S. 395 back to San Diego, passing through Escondido and a countryside of citrus groves, avocado orchards and vineyards.



Make a reservation with Seattle City Light for a tour of the Skagit River hydroelectric project. It will get you out into some rugged mountain scenery in one of the nation's most spectacular unspoiled wilderness areas.

This tour, popular since 1928, costs $4; $2 for children under three. The three lakes and dams of the project are in a territory of jagged peaks, abrupt ridges, canyons carved to dizzying depths, awe-inspiring rock slides and waterfalls cascading thousands of feet from perpetual snowfields.

Tours start at Newhalem, Washington, about 130 miles northeast of Seattle. If you can't provide your own transportation, there is a chartered bus service from Seattle at an additional $5.50 per person. The excursion takes about 5½ hours.

You'll visit the gorge powerhouse and take a colorful walk through the rock gardens to Ladder Creek Falls. A seven-mile bus ride will take you along the Skagit River Canyon, past the high Gorge Dam to Diablo Dam. There you'll transfer to an inclined railway, and ride 600 feet up the mountain to the level of Diablo Lake. Another short walk, and you embark on a four-and-a-half-mile boat trip to Ross Dam, where you'll inspect the powerhouse, then return to Newhalem for a logging-camp-style dinner with as many seconds as you can eat.

Once the tour is over, you can stay in some of the small inns and resorts in the area to enjoy the scenery and excellent fishing. The Skagit River is famous for its winter steelhead fishing, and most of the region's streams provide good cutthroat catches.

For reservations and information, contact Skagit Tours, City Light Building, 1015 Third Avenue, Seattle, Washington 98104.

The Flagstaff Area



Flagstaff, in cool highlands 141 miles north of Phoenix, offers a summer festival of concerts, art exhibits, ballet, theater, chamber music, film classics and a Navajo crafts show. The three-day, All-Indian Pow-Wow, held early in July, brings thousands of Indians from more than ten western tribes for the nation's oldest and biggest ceremonial festival. Camping in the surrounding pine forests, they compete in rodeo events, hold colorful parades and barter their handicrafts. Tickets are on a first-come, first-served basis. You can get them from the Flagstaff Chamber of Commerce.

The Lowell Observatory, where the planet Pluto was first discovered in 1930, is also in Flagstaff. There are free daily tours, and evening programs every other Friday night.

A few miles north of Flagstaff on Highway 180, two free museums—the Museum of Northern Arizona and the Pioneer Historical Museum—will give you considerable information on the anthropology, geology and biology of the area, as well as on early Arizona history. Fourteen miles up the same road, the Arizona Snow Bowl keeps its chair lift running both winter and summer. From the top, you can see five states and Mexico.

It's only 17 miles north on Highway 89 to Sunset Crater National Monument, a volcano which erupted in 1064, leaving sunset-colored mineral deposits. The eruption scattered volcanic ash over 800 square miles, turning the area into great potential farmland, which attracted Indians from many tribes. You can see the remains of this prehistoric land rush in the Indian ruins of nearby Wupatki National Monument.

Other prehistoric dwellings can be seen in Walnut Canyon National Monument ten miles east of Flagstaff on Highway 66.

Within an hour's drive of the city, you can also visit the ghost town of Jerome, the Indian ruins of Tuzigoot, Montezuma Castle, Montezuma Well, and Meteor Crater, used as a training ground for NASA astronauts. And Grand Canyon is just 79 miles away.

San Juan Bautista



Time almost seems to have stopped in this pleasant village 95 miles south of San Francisco. Its original plaza looks much as it did when Spanish soldiers paraded here.

Facing the plaza is California's largest mission, where masses have been held daily since it opened in 1812. It contains a museum of mission history, graced by a colorful, old-fashioned flower garden. The dirt road along one wall of the cemetery is a portion of the original El Camino Real, California's first road connecting the missions from San Diego to San Francisco.

The town was one of the main stage stops between San Francisco and Los Angeles, and the Plaza Hotel, once a barracks for Spanish soldiers, became a famous landmark. Its gambling room and bar have been restored as part of the San Juan Bautista State Historic Park. You can still see bullet holes from frontier days.

Another historic building in the park is the Castro-Breen House. Originally the headquarters of General Castro, Mexican prefect of the district, it was the home for many years of the Breen family, survivors of the Donner Party tragedy. A self-guided tour is 25¢; children under 18 are admitted free. It is one of the state's finest examples of Monterey-Colonial-style architecture, and contains artifacts representative of both its Mexican and early American history.

You can also visit an old livery stable, the Zanatta house and cottage, a jail, log cabin, an orchard and several gardens. Some of the town's shops, galleries and restaurants are housed in buildings over 100 years old.

It's a sleepy place most of the time, but in July, thousands of people come to town for the annual rodeo—and a wild weekend.

Santa Catalina Island



Just getting to this relaxing island 22 miles off the California coast is an adventure. The two-hour boat trip aboard the 2200-passenger Big Lady steamship begins at Catalina Terminal Building in San Pedro. It costs $8.50 for adults and $4.25 for children. Other, smaller boats operate from the San Pedro, Long Beach and Newport Beach docks. On the way, you'll probably see flying fish and maybe a spouting whale.

Or, you can take a 15-minute flight on one of the seaplanes operating out of San Pedro and Long Beach airport, or a jet from the L.A. International airport.

The island's only city, Avalon, was a 1930s "in" spot for the wealthy. You can stay here today at prices ranging from $8 to $35 per night, with cheaper weekly rates.

A glass-bottom boat takes you on a 40-minute ride over parts of the California State Fishing Preserve, where you'll see a wide variety of sea life, including bright orange Garibaldi fish and moray eels. Beyond the preserve, you can fish for halibut, marlin, swordfish, barracuda, white sea bass and yellowtail.

Rent a bike or small car, or take a motor tour of the scenic backcountry of this rugged, fascinating island. You'll find a working ranch that raises purebred Arabian horses—and excellent surfing on the southern shores. Some areas look like South Sea isles, others look Mediterranean.

You also can play golf and tennis, ride, hike, explore caves, swim in the cool Pacific and—best of all—lie on the sandy beaches and get a Southern California tan.

Continued



Oregon's Shakespearean Festival

Ashland, just 15 miles north of the Oregon-California border on Interstate 5, is deservedly famous for its well-produced Shakespearean plays. From June 19 through September 12, you'll have your choice of "A Midsummer Night's Dream," "Macbeth," "Much Ado About Nothing," and "Henry IV, Part One." Make your reservations early. Last season the audiences filled the outdoor Elizabethan Theatre, patterned after London's 16th-century Fortune Theatre, and the new indoor Angus Bowmer Theatre. Tickets cost from $2 to $5. Tickets for children under 12 are half-price in all sections, and if you alert the box office in advance, they will arrange for a baby-sitter.

A nightly Tudor Fair, with strolling musicians, singers and dancers-on-the-green, is held in the softly illuminated theater gardens before each performance. For a nominal charge, you can take a two-hour tour of the backstage areas every Tuesday, Thursday and Saturday mornings.

At noon on Wednesdays and Saturdays during July and August, free, informal talks on the current plays are held behind the theaters in Lithia Park. Bring a picnic lunch if you like.

Shakespeare is just one of this region's attractions. The Oregon Museum of Natural History features excellent exhibits of Southern Oregon's plants and animals.

In winter, there's fine skiing at Mt. Ashland, a resort 18 miles from downtown, which gives you a 20 percent ski package discount on tickets to Ashland's spring season of contemporary plays (held from March to May in the indoor theater).

In August, the Peter Britt Music and Art Festival is held in Jacksonville, a well-preserved frontier town 15 miles from Ashland.

There are also many possibilities for swimming, hiking, picnicking and fishing throughout the vast area surrounding Ashland. Crater Lake to the northeast and the Oregon Caves National Monument to the west are each about a two-hour drive away.



Wine Country Touring

The scenery is beautiful, the drives are short and pleasant, and the wines you taste are excellent. Nowhere in the world is the climate more dependable for growing uniformly fine wine grapes than in California.

You can tour many of Napa Valley's wineries, sampling wines in hospitable tasting rooms and buying your favorites right from the source. Be sure to take along a picnic, as some of the wineries have gardens, picnic grounds and barbecues on the premises. (It's wise to make a reservation for these facilities in advance.) The California Wine Institute at 717 Market Street, San Francisco, will give you a wealth of information on the many wineries in the area.

It's a historic tour, too, for many of the wineries have been operating for over a century. Near the wonderful old town of Sonoma, where a delightful "vintage festival" is held in September, Col. Haraszthy, a Hungarian generally recognized as the father of viticulture, established his Haraszthy Cellars-Buena Vista Winery in 1857. It is now a State Historical Landmark.

The Charles Krug Winery is the oldest in Napa County, established in 1858 by a Prussian and operated for the last 27 years by the Mondavi family.

Schramsberg, a winery often visited by Robert Louis Stevenson in the 1860s when he was writing *Silverado Squatters,* is on route 29 near St. Helena. In the book, he recalled his trips to the wineries of the area as ". . . making pleasant music for the mind." Writer Ambrose Bierce was also a guest here.

Napa Valley is but one of nine wine-growing districts in California. Most of the areas offer wine tours, or at least a peek at the wine making.



Houseboating The Delta

There are more than one thousand miles of navigable waterways in the Sacramento-San Joaquin River Delta. Houseboating on them is today's answer to childhood yearnings for following Tom Sawyer and Huck Finn down the Mississippi.

You can rent by the day, weekend or week. The best boats have two engines, giving you added insurance against failure from fouled spark plugs or other such mishaps. All boats have showers, heads, complete galleys and plenty of storage and hanging space. Most have refrigerators. Rental costs average about $350 per week for four people.

Some houseboats are available with a second-story pilot house, which makes the trip more interesting, since you can see over most of the levees along the way from your high vantage point.

Navigation and piloting are simple. Charts are good, and the main waterways are well marked. Tides are the main thing you have to consider when you anchor overnight—if you don't want to be stranded in shallow water for 12 hours until the next tide comes in. By measuring the depth (some boats have electronic depth finders), you can judge whether you're anchoring in a good spot.

Reserve well in advance for the summer months. Off-season (after Labor Day through June 15th) is less crowded and cheaper.

Swimming and sunning are the main activities on houseboat trips. Don't forget games, books, a portable radio or cassette player, sun-tan lotion, good food—and fishing tackle.

New Mexico Mission Tour



Franeisean Fathers helped to colonize the area now known as New Mexieo, building missions whieh ranked among the most interesting religious structures in the world. However, in 1680, the Indians rose in a rebellion that drove the Spaniards baek south, and many of the great missions, a sign of Spanish domination, were destroyed.

A 193-mile drive from Albuquerque will bring you to some of these stark and majestie ruins—and to a mission that was rebuilt when the Spanish made their peaeeful reeonquest 18 years later.

Take Highway 66 or I-40 east out of Albuquerque and turn south on N.M. 10-14 to Quarai State Monument. This is one of the "eities that died from fear," for it was abandoned before the rebellion, and no one knows exaetly why. Finished in 1639, it had four-foot-thiek red sandstone walls that rose about 40 feet. The pueblo surrounding the ehureh and eonvent was as high as three stories, and was designed around several large, enelosed plazas.

Further south on N.M. 10, the impressive gray limestone ruins of Gran Quivira National Monument sit in desolation on a windswept hill overlooking the plains. There are actually two missions here. The first, San Isidro, was built in 1629, and the second, which was to have been larger, was completed in 1660.

Both time and people have been cruel to the San Gregorio ruins at Abo, said to have eontained the most beautifully earved beams in the southwest. (Retraee your route north on 10 and go west on Highway 60.) It, too, was abandoned ten years before the rebellion —after an attaek by the fierce plains Indians and a series of droughts.

Follow N.M. 6 from Abo west to N.M. 47. Take the short detour to the little Spanish village of Tome, whieh has an interesting old ehurch and outdoor religious museum, before eontinuing to Isleta Indian Pueblo. Some of these Indians were sympathetie to the Spanish and went south with them; others partially burned the mission ehureh. It was restored by the Spanish in 1693, and serviees have been held there ever sinee.

You ean take either N.M. 47 or U.S. 85 baek to Albuquerque.

Wasatch Valley Tour



This is a trip you ean make in a day, but with sueh a variety of things to do, a long weekend is better.

Take U.S. 40 east from Salt Lake City to Kimball Junetion, a stage stop for the Overland Stage Line. It's a short drive from here on U-248 to Park City, onee a roaring silver mining camp that nearly beeame a ghost town until ski slopes were opened on Treasure Mountain. Now you ean ride the world's longest gondola (two and a half miles) in winter or summer, and visit the Underground Mine Museum, where an authentic mine train will earry you three miles into the mountain to see how mines were worked during the turn of the eentury. It's a rollicking eombination of nightclubs, saloons, good restaurants, old melodramas, antique and eurio shops, with many of the landmarks of a bygone era still very mueh in existenee.

Looping back to U.S. 40, you come to the communities of Heber and Midway in the green Wasateh Valley, whieh looks like Switzerland transplanted. The Swiss thought so, too, and many settled here. Early in September, just before the surrounding mountains put on a vivid autumn display of reds and golds, the valley residents hold Swiss Days, donning eostumes and celebrating with musie, festivals and folk danees of the "old eountry."

Two resorts in Midway offer dining, lodging, swimming in warm springs pools and horseback riding. Nearby is Wasateh Mountain, Utah's largest state park—22,000 aeres of alpine beauty with an 18-hole golf eourse.

You also ean take some interesting loop drives out of the area. One will bring you to Caseade Springs, where well-designed wooden walkways zigzag over the rushing, ever-flowing water. Return on Highway 152, whieh will take you by beautiful Big Cottonwood Canyon on the way to Salt Lake City.

Solvang



Denmark is too far away for a short vacation, but you might try Solvang instead. It's just 140 miles north of Los Angeles.

Make it a seenic motor trip along the coast on Highway 101, cutting inland on Highway 154 at Santa Barbara. This will bring you through the oak-dotted grazing land of the Santa Ynez valley, home of the famous golden palominos so often used in parades. From early May through August, the whole area is bright with fields of poppies.

Mission Santa Ines, built in 1804 as the 19th in the chain of missions, sits at the head of the valley. Beyond it is Solvang, with its replicas of old Danish windmills. Shops and homes are of Danish "bindingsvaerk" architecture adapted to native materials, giving the town the appearance of a rural Danish hamlet of a generation ago.

Today's residents perpetuate the traditional crafts of their ancestral homes. You'll find potters, clockmakers, silversmiths and other eraftsmen at work. Shops sell wooden dolls, Christmas tree ornaments, rare porcelain and figurines. And if you like Danish food and pastry, you can sample old-eountry recipes. Don't miss the "aebleskive," or ball-shaped pancakes, and "smorrebrod," the tempting open-faeed sandwiches.

In September, "Danish Days" are celebrated with several parades, folk dances, Hans Christian Andersen storytellers and aebleskive breakfasts. ■

(Advertisement)



What's best to take for

Dull, Throbbing Pain Of Nervous Tension Headaches?

By V. A. Rodgers

DOCTORS who specialize in treating headaches state most headaches are caused by emotional tension and stress. Anyone who suffers from tension headaches knows only too well how the throbbing, pounding pain can dull your efficiency, slow you down and play havoc with your nerves.

What's best to take? Clinical tests by doctors on over 500 patients who complained of tension headaches, proved Anacin® relieves nervous tension headaches just as effectively as the expensive leading prescription. Yet Anacin needs no prescription and costs far less.

Here is other convincing evidence about Anacin. Replies from a survey of over 1600 specialists in internal medicine showed *twice as many doctors* said they would recommend their patients use the Anacin formula to relieve pain over that of the other leading extra-strength tablet. Just consider that—*twice as many* doctors prefer Anacin.

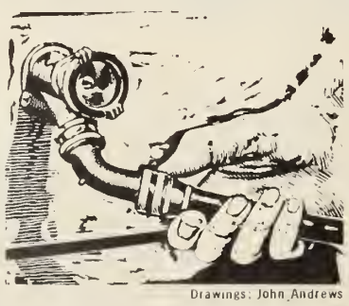
You can trust Anacin to relieve headache pain in minutes. Then its nervous tension and painful pressure on nerves go, too. Anacin lets you do a better job. Lets you function better.

Despite its great strength, Anacin is not habit-forming and it's so gentle acting on the stomach.

It makes good sense to try fast acting, extra strong and doctor approved Anacin Tablets.

STRETCH THE LIFE OF YOUR GARDEN HOSE

If you have a beat-up garden hose, chances are you haven't been as careful with it as you should have been. True, you buy a hose with the understanding that it is guaranteed for five, ten, or more years, depending on quality. But you can extend the life of a hose years beyond its guarantee by using a little care in the way you treat it. Too often when a hose is not in use it's left out in the sun . . . or run over by the car . . . or left in kinks that eventually defy straightening out. With such treatment, any hose will soon begin to leak.

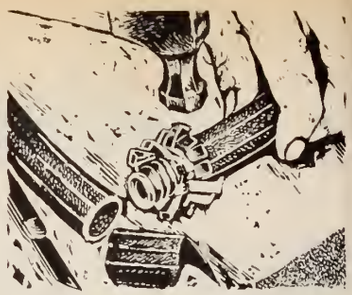


Drawings: John Andrews

To avoid sharp bends at the end of your hose, make a small investment in a gooseneck hose connection and screw it on the faucet. Attach hose and it will swivel to prevent kinking.



If your hose develops a break at the end, use a sharp knife to cut off the leaking part. Hold hose alongside a 1x2 as a guideline for making a good square cut. To repair the end of the hose, use a male or female finger-coupling depending on which end you are replacing. Coat the coupling-insert—as well as inside of hose-end—with soap for easier insertion.



To make a splice, cut out the section with the leak and carefully square both ends of the hose. Soap well the contacting parts; insert the tubes all the way into the hose ends and hammer the fingers down so they catch securely in the hose, but not so hard that they cut it. If you prefer, you can get a hose clamp. Instead of fingers, this one holds the newly inserted coupling firmly in place by means of a metal band that you place over the hose and tighten. Instructions come with couplers for plastic hose.



Your hose will age quickly if you leave it out in the sun too often. Keep it in the shade, and use this shortcut to coiling. Pull the hose out straight—to remove all kinks. Then lay it in folds in a figure-eight. You'll be amazed at how freely it uncoils when you use it—and without the usual twisting and kinking.



If you have no shady spot outdoors where you can store your hose, then hang it in a tool shed or garage. You can buy a regular hose hanger or make one by nailing seven tall juice cans in a circle on the wall. Coil the hose, screw the coupling ends together, and hang it over the cans. As a bonus, the open cans hold small items, such as pruning shears, putty knife, plant ties, gloves. If you paint the cans, do it before mounting them permanently in place.

in the nks

an give personality and se to that recessed wall Paint it a contrasting for emphasis, or integrate he rest of the room and per to match. Then in- helves to the exact dimen- or place one important of furniture—such as a or console—in the recess.



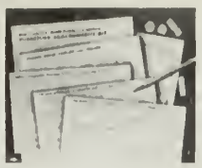
Decorator: Glenn E. Craft

s small living room, the on one wall proved a to-order spot for a tele- stereo console. Wallpa- the area to match the f the room fostered a of spaciousness. Final was the addition of a ıg dramatically illumi- by fluorescent tubing led behind a fascia board.



Designer: Shirley Marks

s are an easy way to the small space gap. with adjustable shelf modular units, or the ıry lumber for a built-in, .n create a storage unit r specific space require- In this family room, a ookshelf was assembled ivate dead wall space de one window. U- shelves of stained oak n brackets fastened to ıt-iron notched strips.



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GLAZED POTATO SALAD

Firmly pack 2 quarts of your favorite potato salad into a 9 x 5 x 3-inch loaf pan. Chill at least 2 hours. Unmold and glaze following this recipe:

1 envelope unflavored gelatin
1/2 cup cold chicken broth
1 cup BEST FOODS® Real Mayonnaise

Sprinkle gelatin over broth in small saucepan; soften. Dissolve over low heat. Remove and stir in Real Mayonnaise. Let stand 10 minutes. Spoon half of glaze over loaf to coat top and sides. Let stand 10 minutes. Spoon on remaining glaze to coat evenly. Immediately garnish as desired. Chill until ready to serve. Makes 12 (2/3 cup) servings.



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Better Homes and Gardens

WESTERN Travel Directory

ara Pacher, Western Travel Editor

Photograph: Don Normark



Rafting through Jackson Hole

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This rugged gorge cuts through the heart of the Cache National Forest, and offers mo improved picnic and campi areas than any other spot Utah. In some places, the ca yon walls are almost a mile hig

Just off the highway, abo 14 miles east of Logan, yo can explore Logan Cave if yo are an experienced spelunke It's two stories high and 150 feet deep.

From the Old Juniper Camp site, you can hike up a ste trail to Juniper Jardine, the ol est juniper tree on earth. looks every bit of its 3500 year

Another old "mountain mon arch" is the largest Limber Pin ever reported. The huge tree 24 feet in circumference, and healthy 2000 years old. You ca reach it on a well-marked, hal mile-long trail near Logan Can yon Summit.

If you're thirsty, the best plac for a drink is Rick's Spring, righ beside the highway a few mile east of the Old Juniper Camp site. Cool, sweet water flow from a limestone fissure, form ing a large, clear pool beneath stone grotto.

Logan Canyon contains many glacial lakes. The best known are Tony Grove, accessible by a well-paved, aspen-lined road

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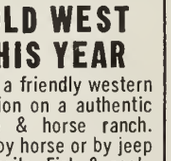
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d White Pine Lake, reached footpath from that point. The ystalline, snow-fed pools of ogan River at the Canyon's ttom are among the most fa- ous trout pools in the West. ey produce rainbow, brown, ook and cutthroat trout. Peo- e still talk of the big German own trout that was taken from e river in 1937. It was just shy 38 pounds.

They still talk, too, of the fur- apping mountain men who ere the first white men to ex- ore the area. They wintered the mouth of Logan Canyon, d cached their furs in the fer- e valleys at either end, giving e names of Cache Valley to e west of the canyon and Rich alley to the east.

Ask a local resident to tell u the story of Old Ephraim, ne of the last and largest grizzly ars to be found in northern tah. His huge skull now rests Washington, D.C.'s Smith- nian Institution, and there is a e-size. ten-foot monument at erd Hollow off Logan Can- n, where the bear was finally lled.

Just off the Logan Canyon mmit, you come to the Bear ake Overlook, with a pan- amic view of 20-mile-long ear Lake and its mountain- nged valley. The waters of this ear, sand-bottomed lake change nstantly from indigo to tur- noise. Surface temperatures ach 70 degrees by late sum- er, making it ideal for water orts. You might try scuba div- g in search of the legendary serpentine monster that the In- dians and more recent residents have reported rising from the waters.

There are a number of small resorts around the lake, with cabins, camping and picnic areas, sandy beaches and boat rentals.

When you reach the lake and Garden City, head north one mile and you'll come to the Bear Lake Boating Park. It of- fers an enclosed marina, launch- ing and docking facilities, a pic- nic area and trailer parking.

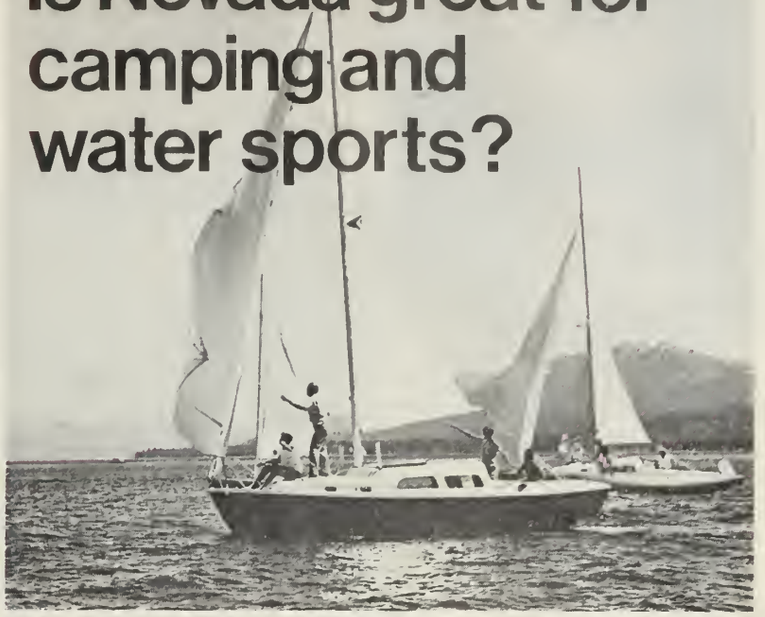
From St. Charles, a town on the Idaho side of the lake, an eight-mile dirt road leads to Minnetonka Cave, a half-mile- long limestone cavern in the Cache National Forest. Ranger tours are conducted from June through September.

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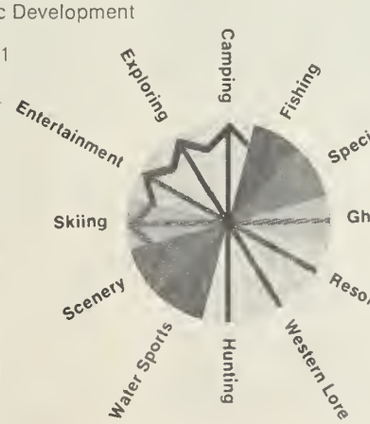
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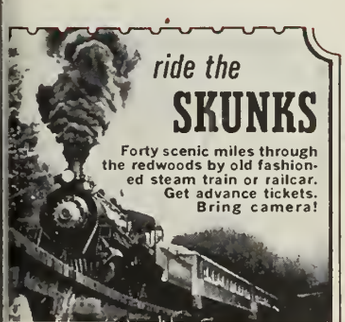
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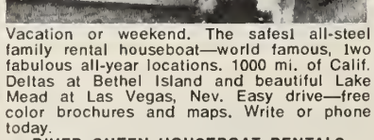
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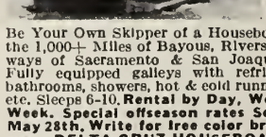


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racing, there is an excellent two-mile "moto cross" course, and every Sunday about one hundred boys and girls participate in a mini-bike race on a mini-moto cross designed just for them.

Food and beverage concessions operate on weekends and holidays, restrooms have showers, and there are cottonwood-shaded picnic areas.

The park is open seven days a week from dawn until dusk. You can race around all day for $2 (minibikes), $3 (trail bikes and motorcycles) or $5 (dune buggies and four-wheel-drive vehicles). At twilight, rates are cut in half.

Competitive events are held every Sunday at Indian Dunes. Spectator fees vary, but are usually in the $1 to $2 range, with children under 6 free.

For further information, contact Indian Dunes Park, 28700 Saugus-Ventura Road, Valencia, Calif. 91355. Telephone (805) 259-8000.

A great sand pile

Anyone who has ever enjoyed playing in a sandbox should go out of his way to visit Great Sand Dunes National Monument in south-central Colorado.

These shifting, wind-sculptured dunes, which pile up to heights of 700 feet, are cradled in the arms of the Sangre de Cristo Mountains at the eastern edge of the San Luis Valley, 37 miles northeast of Alamosa.

The continually moving surface sands keep the dunes barren, except in protected depressions where small grass patches, scurfy pea plants and sunflowers find rootholds.

Stop first at the visitors center, about a mile inside the entrance. You'll learn how the dunes, which are among the biggest in the world, were formed. Prehistoric Folsom Man once roamed the area, as did a number of Indian tribes, but it was the Ute Indians who made the surrounding valley their permanent home.

In 1806, Lt. Zebulon Pike, for whom Pike's Peak was named, described these mysterious and forbidding sands in the journals of his exploration of the territory.

Inquire at the visitors center about ranger-conducted walks through the dunes, or pick up a self-guiding trail leaflet. On the edge of the main dunes, you'll find a picnic area; it's a good starting point for the three-hour, round-trip hike.

In midsummer, when the sands can get very hot, plan your hike for early morning or late evening. Going up may put some strain on your muscles, but coming back, you can just sit down and slide. You'll end up with a lot of sand in your clothes, but your children will find it exhilarating.

The monument is open all year, though the main highway to the dunes is sometimes closed by bad weather in winter.

During the regular season, which runs approximately from Memorial Day through Labor Day, you can camp at the 118-unit campground on the monument grounds. Gasoline and supplies are available at the Dunes Outpost, about one mile outside the entrance.

A rock garden fantasy

In 1935, Rasmus Petersen, a Danish farmer who had immi-

Continued

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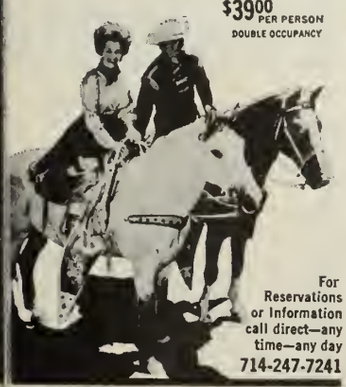
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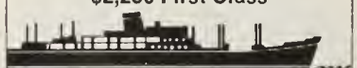
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party chniques

on it. There'll be times big party is the only an- to your entertaining Here are tips to make event go smoothly.

versational cliques can ircuit a party of any size. it that there's a quiet tion of people at all You as host or hostess ter any closed huddle aw one or more of the rs away with a firm sug- like, "Sue, I want you what the Westons did ir vacation. They hit f the same spots you yours . . ."

lso perfectly correct for t to withdraw from a y saying, "Excuse me, 't seen the Joneses yet." est who sits like a bump g and makes no effort to ould ultimately be ban- even if his wife is a te charmer.

e the herding together sexes. Best way to stop t to let it happen in the ace. Rearrange furniture mmodate groups of two ee, not in a couple of cles. One favorite con- ng place for your old (male gender) is the . Since they're old , you can tell them quite they're in the way— gn them domestic chores. will break up a male con- a hurry.) Favorite con- ng places for women are droom and the family The hostess can break with a plea for help. dies don't really want to alone—they have all day t!

talk and the circulation ple are hallmarks of a party. To achieve this ou can afford to be a bit s. Always invite a hard good conversationalists n be depended on to be g and articulate.

can even go so far as to t conversation "steer- This is a carry-over from mal ball of half a century ut it's well worth reac- g. Charge two or three r close friends with the sibility of seeing that ne spends a few minutes everyone else. The host stess can't be omnipres- delegate the mixing.

n the table as a center h conversation and con- ty. It's true that buffets great way to mix people ep the party mobile. But if you've been entertaining the same group for a long time in a casual manner, try a formal sit-down dinner with many leisurely courses, background music, and the glow of candlelight. Good talk and good food are a marriage made in heaven.

The dining room is also the most suitable place to exchange opinions on controversial subjects. You'll find it amazing what you can get away with! Subjects that might lead to strokes elsewhere are magically transformed into amusing observations when you're gathered around a dining table. The most commodious table doesn't usually seat more than a dozen easily. So plan to break up the party into card-table groups – scattered in living, dining and outdoor areas. ■

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Tasty Fried Chicken

1/2 cup flour
2 teaspoons finely crushed rosemary leaves (optional)
1-1/2 teaspoons salt
1/8 teaspoon pepper
1 (2-1/2 to 3-1/2-pound) fryer, cut up
1 cup Mazola Corn Oil

Mix together flour and seasonings. Coat chicken with mixture. Pour corn oil into large, heavy skillet. Heat over medium heat. Add chicken and fry, turning once, about 30 minutes or until golden brown and fork tender. Drain on absorbent paper. Makes 4 servings.

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Planned for parties



Photographs: Hedrich-Blessing. Designer: Rochelle Wolin. Source: Jessie

With this family-room storage wall, there's no need scurry from room to room collecting things for a night entertaining. Everything is already here, convenien stored and attractively concealed.

The right center cabinet opens to reveal a small bar, c plete with indirect fluorescent lighting. The two-foot-d cabinet is organized to store glasses, coasters, napkins, liquor. The cabinet door folds down on hinges to becom 21x22-inch mixing table, topped with a spill-defying pla laminate. A small reed wine rack fits neatly in a niche at bottom left of the bar.

Measuring 4x2x2 feet, the left-hand cabinet houses a f size foldable card table and four chairs. The center cabin which also folds down, holds games, cards, and other pa gear. Enough shelf space is reserved in the rest of the unit display books and art. In the upper left-hand corner of storage wall, a stereo speaker complements a matchi speaker on the other side of the room.

The entire unit, measuring 6x6x2 feet, is made from w nut plywood to match the walls of the family room. Ea cabinet door has a slight stain variation for design effect.




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Tomato cut-ups

Whether you slice, wed halve them, tomatoes wi color and flavor to any d



Photographs: Photogra

Baked Deviled Tomatoes

4 large tomatoes, halved
1 tablespoon prepared mu
2 tablespoons chopped gr pepper
2 tablespoons chopped cel
1 tablespoon chopped gre onion

Place tomatoes, cut side u baking dish. Sprinkle wi little salt. Spread tops mustard. Combine green per, celery, onion and 2 t spoons melted butter or garine. Spoon over toma Bake in 425° oven for 8 t minutes. Makes 8 serving



Savory Vegetable Trio

½ pound fresh green beans cut up
½ cup chopped onion
¼ cup snipped parsley
1 teaspoon salt
¼ teaspoon dried thyme, crushed
¼ teaspoon ground sage
⅛ teaspoon pepper
½ cup water
2 cups cubed yellow summ squash
3 large tomatoes, peeled an cut in wedges
2 tablespoons butter or margarine

In saucepan, combine be onion, parsley, seasonings water. Bring to boiling. Co reduce heat and simmer minutes. Add squash; simn covered, 10 minutes more, till vegetables are tender. Dr Add tomatoes and butter margarine; cover and h through. Makes 6 servings.



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1

Bonsai—but easy!

Most people think creating a bonsai entails years of time and the patience of Job. Not at all. You can create one in a matter of two or three hours—even less if you don't try for something too fancy. Visit your local nursery and choose a small plant with an interesting shape—spruce, cotoneaster, azalea, podocarpus, carissa, dwarf pomegranate, rosemary, or whatever appeals to you.



2

Photographs: Guerrero. Source: Brooklyn Botanic Garden



3



4



5

1. Here, Frank Okamura of the Brooklyn Botanic Garden starts work on an 18-inch spruce bonsai. It's already a well-formed miniature tree which would be good for an indoor Christmas tree. But that's not what you want. You want an artistic creation—a living one that adds to your decor.

2. Cut away unwanted growth to make a terminal. Stake with a $\frac{3}{8}$-inch dowel to keep the terminal growing straight, and leave on for one season. Tie dowel to the lower part of the trunk—don't drive it into the soil or you'll risk damaging the fine root system.

3. Study your plant from all angles. Imagine how you want it to look. Bend branches carefully one way, then another—to see the various forms the plant can assume. Then prune out any branches that don't jibe with your mental image of the finished product.

4. To look its best, a bonsai needs a shallow container. Bonsai dishes are easy to find nowadays. Here, the pruned plant has been removed from its nursery pot. To do this, simply grasp the plant by its trunk, turn upside down, and tap edge of pot on a counter.

5. The original root ball is too large for the shallow container that the plant is to go in. Use a special curved two-prong hook (or an old fork will do) and gently remove soil to whittle down the size of the ball until it fits container.

6. After you've reduced the soil ball to the proper size, dust it with a soil mix (the only way it will get on the bottom of the plant where it's needed) and moisten with a syringe or laundry sprinkler—to prevent the mix from falling off when you set plant upright in container.

7. Spread a thin layer of potting mix on the bottom of the container—to receive plant you've prepared. Run a wire (the only one you'll use) through holes at either end of the dish. Later, this will be bent over the soil ball to hold the plant in position until it reestablishes itself.

8. Many people don't like the looks of wire that is so often used to shape bonsai branches and to hold them in a desired position. String is generally handier and less noticeable. Here's how you use it to gain the same effect that you would get with wire. Tie a dowel to the trunk, then along the length of branch that you're going to lower to a more pleasing and artistic angle.

9. Finished bonsai. Soil has been carefully raked from the base of the tree to expose some roots—and watered. If string used is white, you can darken it with ink to make it less conspicuous during the two or three seasons it will take for branches to hold in place without help.





7



8



9

orn bread and eggs

family will sit up and take e when you serve breakeggs this special way. l-cooked eggs are chopped combined with corn bread ins — perfect morning partfor ham and hot coffee.



Bread and Egg Muffins

blespoons butter or argarine
blespoons all-purpose flour
easpoon salt
h pepper
cups milk
blespoons snipped parsley
rd-cooked eggs, chopped

• • •

p yellow cornmeal
aspoon salt
aspoon baking powder
p milk
aten egg
blespoon cooking oil

saucepan, melt butter or garine; stir in flour, the ¾ poon salt and the pepper. the 1⅓ cups milk all at e. Cook quickly, stirring stantly, till mixture thick- and bubbles. Stir in parsley chopped hard-cooked eggs. l. In mixing bowl, combine meal, the 1 teaspoon salt the baking powder. Add 1 cup milk, the beaten egg cooking oil; mix thorough- Lightly grease twelve 2½- muffin pans; sprinkle gen- sly with dry cornmeal. r cornmeal mixture into the



Photographs: Photography, Inc.

ffin pans. Place about 3 lespoons chopped egg mix- e atop batter in each muffin . Bake in 400° oven for 20 utes or till done. Serve im- diately. Makes 12 muffins.

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Special spots for snacks

Photographs: Suter, Hedrich-Blessing. Designer: David Wright. Source: Liz L



A ballooning paisley wall covering animates this eating nook in one corner of the kitchen. To sharpen the pattern impact, a simple window treatment was chosen. Chalk white shutters can be closed for privacy or pushed aside to reveal the view. Wire "ice cream" chairs are a good idea when floor space is scant. These are cushioned in a solid color to match fringed table cover. Kitchen flooring was covered with a thickly tufted shag carpet for an unexpected note of luxury.

Designers: Sermon-Anderson



Removing cabinets at one end of a kitchen and combining gained space with an undersize breakfast area produced this distinctive dining spot. Since conventional table and chairs would have obstructed room-to-room traffic, a banquette was built along one wall and two narrow tables pushed together to form one long tabletop. Rough-hewn beams create a striking wall design and provide display shelves for pewter plates, candlesticks, and other utensils.

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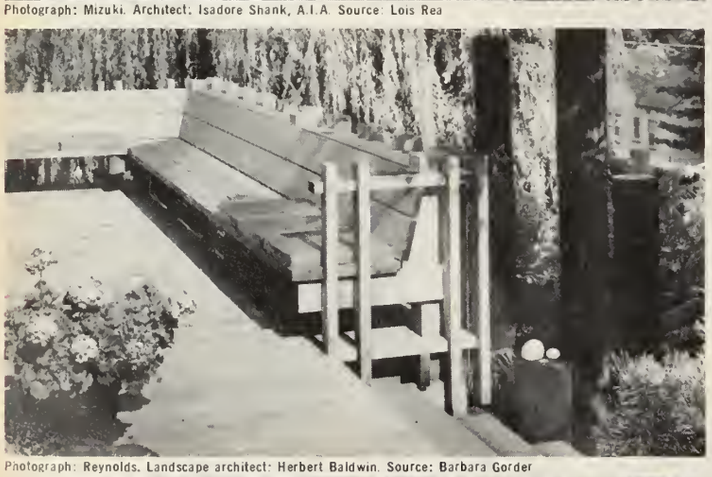
LEVOLOR RIVIERA BLINDS



Photograph: de Gennaro. Designer: H. J. Hastings. Source: Pauline Graves



Photograph: Mizuki. Architect: Isadore Shank, A.I.A. Source: Lois Rea



Photograph: Reynolds. Landscape architect: Herbert Baldwin. Source: Barbara Gorder



Photograph: Bill Hedrich, Hedrich-Blessing. Source: Jessie Walker

More seating for your garden

Backyard
For this zigzag bench that seats about 12, join three seven-foot seats at right angles to each other. A good seat height is 16 inches. Sink seven 4x4 posts into the ground and bolt 2x6 crosspieces at top of each one. Space 2x4s three-fourths of an inch apart for good drainage and nail to crosspieces. Here a plain lath screen complements the bench. It also provides privacy and divides the yard into two separate activity areas.

Terrace edge
Make this U-shaped bench 12 feet long with three-foot seven-inch ends and you can seat about eight extra people. Use clear Oregon fir and stain it dark. You'll need 2x4s for seat and back supports. Nail corner ones to railroad ties in terrace floor. For front legs, use 1½-inch dowels together with three pairs of steel rods and sink them in concrete. Bolt pairs of 2x4s to each pair of legs, run 2x4s diagonally at both corners, string 2x8s (⅜-inch spacing) and nail down. Make the back of 2x10s, slanted for comfort.

Deck edge
The 6x6 posts that support the deck also brace this redwood bench. To build it, bolt pairs of 2x6s to the posts for support of planks; two 2x6s and one 2x8 for the seat and two 2x6s for the back. Notch 2x4 baluster verticals and nail them to 2x4 horizontals. Geraniums in containers take the heat and add color.

Entry court
This angular bench repeats the design of the planter area. To make the seat, line up 2x2s with 2x3 facers and bore a hole ten inches from each end to receive a long screw rod. Countersink outside holes to receive nuts. Set ⅜-inch spacers with bored holes between the 2x2s and bolt together. Nail 2x3 facers to ends and screw seat to angle-iron supports welded to the ends of three-inch pipes sunk in concrete. This assures sturdy, no-tip sitting space.

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For a Gallery near you, if not listed above, write Ethan Allen, Dept. BHG671 Box 288, Murray Hill Station, New York, New York

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Pesticides

Continued from page 30

niques have been developed for sterilizing insects and for spreading disease among insect populations.

Perhaps the most promising approach of all is "integrated control," which uses a wide variety of techniques to attack what must be understood as a complex problem. One example is California's campaign against the grape leafhopper, a species that has learned to resist chemical sprays. Agricultural researchers discovered that the Anagrus wasp used to be a natural enemy of the leafhopper. This wasp, in turn, lived on blackberry vines—but in grape-growing areas, the vine had been considered a w and destroyed. Now bl ries are being reintrodu vineyards, and the was killing the leafhoppers grated control combin and other methods with *mal* use of chemicals. S ful and widespread use techniques, though, is sti away.

More research in such ods, as well as in pestici the basic answer. Wh Federal Government about 60 billion dollars on highways and only 100 million dollars in p search, it's time to questi priorities. What's more, this 100 million dollars 25 million was devoted study of alternative pe trol methods.

Another essential step control—not ban—the chemical pesticides. I 1971 message to Co President Nixon asked f registration of pesticid three categories: genera restricted use and by only. Poisons in the las categories could be a only by licensed pest-c specialists. How well s program would work re to be seen. We conside step in the right direction

For you as a home ga er, pesticide use is less a vironmental problem th matter of personal s Home gardens constitut than two percent of the 100 million acres under vation. Remember to use cides only when and necessary. It's been our e ence that home gardener too much pesticide. plants, like hostas, daylilie campanulas, are relatively free and don't need prote For many other plants, o two applications made a right time of year are en There's no reason to use at all; there are plenty of substitutes for home g use. Remember too that n insects in your garden pests; many, if not most beneficial. Above all, rea labels carefully and follo structions (for details see how safe are garden cides?" in our February issue). Keep pesticides l up, out of the reach of dren; most accidental po ings occur among childre der six.

NEXT MONTH:
OUR JUNKED UP LANDSCAP

uto
nancing

nued

t available to you; the re- ent schedule; prepayment eges; penalties for late ent; insurance require- s; reputation of the lender. re's how the sources of ans stack up:

nk installment loans from nine to 15 percent. s also provide shorter secured loans at lower if you offer collateral such od quality stocks. How- until the loan is paid off don't have access to that unless you substitute oth- lateral. And if it's a short- loan like a six-month re- ble note, having to repay lump sum if the loan is l can be a disadvantage.

credit union is a good e for auto financing if e a member. Rates usually from nine to 12 percent ally, and loans must be oved by a committee of bers. In most cases, you get repayment arrange- s tailored to your needs.

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r dealers also will ar- financing, usually at a r interest rate than other t sources. Though the r sometimes handles the action himself, he general- ls it to a bank or finance any.

oid more expensive no- -payment offers. They can p costing you more inter- since the dealer usually take out the loans him- -one from a small-loan any for the down pay- , another through a bank her institution to cover the ce.

Money Management next month:

ollege scholarships ou should know bout now

low you may be able o buy auto insurance heaper

D GARDENS MAGAZINE BINDER



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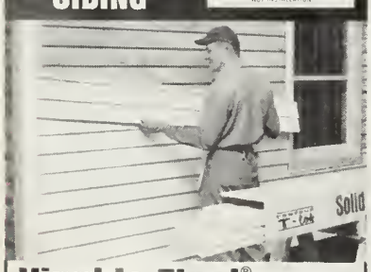


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HEALTH AND HEREDITY

Continued from page 16

pens in females, suppresses ther
But the Y chromosome lac
anything to balance them again
and thus allows them to exe
their "bad" influence.

It could therefore be said th
each parent contributes to se
linked characteristics—the mot
er a "bad" recessive gene, ar
the father a small Y chrom
some.

"You don't give your children the same genes you inherit.

This is a half-truth. You don
pass along the same genes, onl
half. But those you *do* pass o
are completely unchanged fro
the moment you receive ther
from your father and mothe
until the moment they're trans
mitted to your children. Yo
change, but your genes stay th
same. What distinguishes on
generation from the last is th
difference in genetic combina
tions; your genes and those o
your husband or wife have nev
er been paired before.

An important exception ex
ists, however. Some genes ar
changed through the process o
mutation. This is a rare and un
natural alteration within the
germ cells that sometimes occur
"spontaneously" (meaning scien
tists are currently unable to ex
plain it). At other times the
change is caused by strong un
accustomed forces—atomic ra
diation, say, or overexposure to
X rays, or drugs such as LSD
The list of suspected culprits is
long. Predictably, most muta
tions are undesirable.

Your doctor can refer you to
specialists in genetic counseling
or he may suggest you contact
the National Genetics Founda-
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of genetic counseling and treat-
ment centers in this country and
Canada. These centers were offi-
cially established last winter to
help apply the latest genetic
findings to patient care, includ-
ing genetic counseling. Many of
the centers also are uniquely
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various hereditary diseases. Phy-
sicians make their referrals to the
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Buying guide

Most of the products shown editorially in Better Homes and Gardens can be obtained in leading local stores. For more information, write the manufacturers listed. Some items are privately owned or custom made—thus are omitted from the product listing.

Hibachi appetizers

Page 11: (bottom left): Sauce pot—Dansk Designs, Inc., Radio Circle Rd., Mt. Kisco, N.Y. 10549.
Page 11 (bottom right): Bowl—Pyrex, Corning Glass Works, Corning, N.Y. 14830. Sauce pot—Dansk Designs, Inc., Radio Circle Rd., Mt. Kisco, N.Y. 10549.

Outdoor living any way you like it

Page 33 (top): Furniture—Brown-Jordan Furniture Co., 9860 Gidley, El Monte, Calif. 91734. Flat plastic (screen)—Filon, 12333 S. Van Ness, Hawthorne, Calif. 90250. Ribbed plastic (roof)—Filon.
Page 33 (bottom): Sliding doors—Dor-Wal Mfg. Co., 6316 W. McNichols, Detroit, Mich. 48200.
Page 34: Chairs—Ames Aire Furniture Co., Parkersburg, W. Va. 26101.
Page 36: Roof—Certain-Teed Shingles, 120 E. Lancaster Ave., Ardmore, Pa. 19003. Brick—Count Block Co., Columbus, Ga. 31900.
Page 37 (top): Furniture—Design Research, Inc., 48 Brattle St., Cambridge, Mass. 02138. Stain—Samuel Cabot, Inc., 246 Summer, Boston, Mass. 02210.
Page 37 (bottom): Chairs—Samsonite, 1050 S. Broadway, Denver, Col. 80217.
Page 38 (top): Furniture—Ames Aire Furniture Co., Parkersburg, W. Va. 26101.
Page 38 (bottom): Furniture—Brown-Jordan, 9860 Gidley St., El Monte, Calif. 91734.
Page 39: Furniture—Knoll International, 320 Park, N.Y.C. Yellow casserole—Dansk Designs, Ltd., Mt. Kisco, N.Y. 10549.
Page 40 (top): Flowerpots—Architectural Pottery, 2020 S. Robertson, Los Angeles, Calif. 90034.

How to entertain when it's too hot to bother

Page 44: Flatware—Wallace Silversmiths, Wallingford, Conn. 06492. Dinnerware—Franciscan Earthenware by INTERPACE Corporation, 2901 Los Feliz Blvd., Los Angeles, Calif. 90039. Goblet—"Amigo" by Gorham-Reizart, Div. of Textron, 520 Washington Rd., Pittsburgh, Pa. 15228. Buffet server by West Bend—Thermo-Serv, Inc., 2939 6th Ave., Anoka, Minn. 55303. Table cover—Con-Tact, "Tempo" by Comark Plastics Div., United Merchants and Manufacturers, Inc., 1407 Broadway, New York, N.Y. 10018.
Page 46 (far left): Portable refrigerator—General Electric Company, Appliance Park, Louisville, Ky. 40225.
Page 47: Dinnerware—Masterpiece China by Franciscan—INTERPACE Corporation. Flatware—by Oneida Ltd., Silversmiths, Oneida, N.Y. 13423. Goblets—Independence Glass by INTERPACE.

Pre-sited houses

Page 49 (bottom): Coffee table—Knoll International, 320 Park Ave., New York, N.Y. 10022. Lamp—Atelier International, Ltd. 139 East 57th St., New York, N.Y. 10022. Draperies—F. Schumacher and Co., 939 3rd Ave., New York, N.Y. 10022. Plexiglas mirror—Almac Plastics, 47-42 37th St., Long Island City, N.Y. 11101. Cambridge cubic chairs—Mobi Furniture Corp., Norristown, Pa. 19400.

Play up a porch

Page 50 (top): Rock table—Edward Krumpe, Inc., 38-15 Tenth St., Long Island City, N.Y. 11101. Other furniture Brown-Jordan Co., P.O. Box 1269, El Monte, Calif. 91734. Vinyl wallpaper—Woodson Wallpapers, Inc., 979 Third Ave., New York, N.Y. 10022. Curtains—J. Schumacher & Co., 939 Third Ave., New York, N.Y. 10022. Quilt—Mountain Artisans, Inc., 723 Kanawha Blvd. E., Charleston, W. Va. 25301.
Page 50 (bottom): Furniture—Tropi-Cal, 5731 S. Alameda St., Los Angeles, Calif. 90058. Carpet—Chatham Carpet Mills, 1400 Key St., Dalton, Ga. 30720. Vinyl slat shades—Sears, Roebuck & Co., 925 S. Homan Ave., Chicago, Ill. 60624. Toy—Scientific Demonstrators, Inc., P.O. Box 2721, Eugene, Ore. 97402.
Page 51: Rattan furniture—Tropi-Cal, 5731 S. Alameda St., Los Angeles, Calif. 90058. Metal table & chairs—Brown-Jordan Co., P.O. Box 1269, El Monte, Calif. 91734.

Continued

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HORNWORMS destroy the foliage. Fruitworms the fruit. The fruit is often half devoured before you even get around to picking it.

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The destruction shown here illustrates a senseless waste of food and labor. It's the result of what we at ORTHO® call "no think" gardening. In each case, the use of ORTHO insecticides, fertilizers, or fungicides could have prevented the damage pictured.



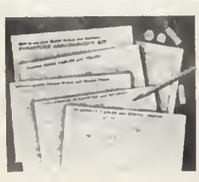
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Buying guide *Continued*

Page 52 (top): Furniture—Fick Co., 4900 Charlemar Dr., Cin Ohio 45227. Fabric on furniture—I macher & Co., 939 Third Ave., Ne N.Y. 10022. Carpet—Ozite Corp. tyville, Ill. 60048.
Page 52 (bottom): Furniture— Woodard Sons, Inc., Owosso, Mich
Page 53: Table—Herman Miller ture, 140 W. McKinley, Zeeland, 49464. Chairs—Gold Medal Foldi niture Co., 1700 Packard Ave., Wis. 53404. Light fixture—Rober Lighting, 950 Linden Ave., Sou Francisco, Calif. 94080.

Barbecue ideas hot off t grill

Page 54 (1): Grill—Charmglow Antioch, Ill. 60002. (2): Hibach Bachi—Columbus Iron Works, Col Ga. 31902.
Page 57 (1): Grill (Town and C Rotisserie)—Cal-Diet Prod. Co., City, Calif. 90230. (2) Chops pl Lipper International Inc., New N.Y. 10010.
Page 59 (1): Tools—Ekco Hous Co., Franklin Park, Ill. 60131. Gril Boy Mfg. Co., Inc., Burbank, 91503. (2): Grill (Swinger)—Met gineering Corp., Greenville, Tenn. (3): Platter "Chateau"—Mikasa 07094.
Page 60 (2): Platter "Orchard S Stangl Pottery, Trenton, N. J. 0860

Cookout franks

Page 62 (top): Luncheon plates, sa bowl Dansk Designs, Inc., Radio Rd., Mt. Kisco, N.Y. 10549. Kabo Androck, Inc., Div. of The Washbu 28 Union St., Worcester, Mass. 016
Page 62 (middle): Snack plate & ma cup—Bennington Pottery, 324 C St., Bennington, Vt. 05201.
Page 62 (bottom): Skillet—Schil Asmus, Inc., 1525 Merchandise Plaza, Chicago, Ill. 60654. Salt & p —Lipper Intl., Inc., 225 5th Ave. York, N.Y. 10010.

Prize tested recipes

Page 67 (right): Coffeepot—Am Cut Crystal Corp., 935 Broadway, York, N.Y. 10010. Plates—Corning Works, Corning, N.Y. 14830. St spoons—The Gorham Company, Adelaide Ave., Providence, R.I. 029

Food carriers

Page 71 (top): Stow-N-Go—Tuppe P.O. Box 2353, Orlando, Fla.
Page 71 (middle): Geni Hot Food K —David Douglas Co., Inc., Manit Wis. 53073.
Page 71 (bottom): Picnic Pal—J. L. Mfg. Co., 2300 6th St., Rockfor 61101.

Picnic tableware and cool

Page 78 (1): Serving dish ensemble— Bend Thermo-Serv, Inc., Anoka, M 55303. Pitcher and tumblers—Ru maid, Inc., 1205 E. Bowman St., Wo Ohio 44691.
Page 78 (2): Mini-Server—West Thermo-Serv., Inc., 2939 6th Ave Anoka, Minn. 55303. Stacking dish bowl & cover—Robinson Plastic Cor Garfield Ave., Jersey City, N.J. 0 Hot 'N Cold mugs w/serving trays— eral Housewares, 3600 W. Pratt Chicago, Ill. 60645.
Page 78 (3): All items—West Thermo-Serv., Inc., 2929 6th Ave. Anoka, Minn. 55303.
Page 78 (4): Vacuum bottles—Al Ind., Inc., Nashville, Tenn. 37210. L containers—The Coleman Co., Inc. N. St. Francis, Wichita, Kans. 67201

Food from afar

Page 80 (top): Bowl—Rosenthal Corp., 411 E. 76th St., New York, 10021.

Outdoor grills: Which one for you?

Page 90: Foreground: All-purpose g Structo Division, King-Seeley The Co., Freeport, Ill. 61032. Covered coal grill—Structo Division, King-S Thermos Co., Freeport, Ill. 61032. tric Grill—Hambin Prods., Inc., Box 3703, Little Rock, Ark. 72203. Grill—Charmglow Prods., Inc., Ant Ill. 60002.

Fresh pineapple: a tropica pinecone

Page 93 (top): Platter—Block China 25 E. 26th St., New York, N.Y. 1 Serving & teaspoon—The Gorham 333 Adelaide Ave., Providence, 02907. Sherbet & liner—Imperial Corp., Bellaire, Ohio 43906.
Page 93 (bottom): Forks—Internat Silver Co., 500 S. Broad St., Mer Conn. 06450.

How to order material from the magazine



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Plans for the Pre-sited house on page 48 are available for $25.00 with the coupon below. Plan package includes complete working drawings, a materials list to help estimate costs, an outline specifications form and points to include in the buyer/builder contract. Extra copies of this plan, ordered at the same time, are $7.50 per set.

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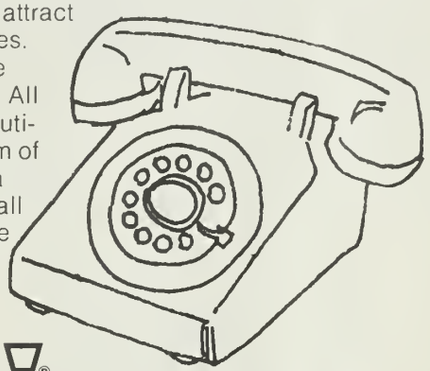
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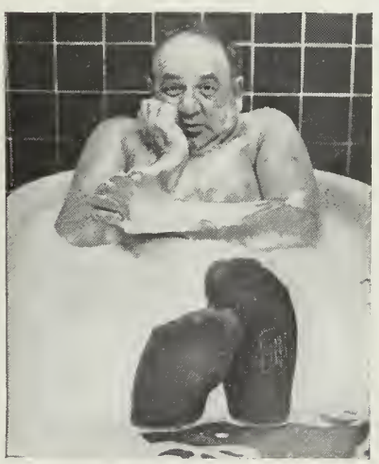
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PETS

Douglas M. Lidster, Editor

Keep your pet healthy when it's hot

Here are some tips to help make summer as happy, carefree, and comfortable for your dog or cat as it is for the rest of your family.

Vaccinations should be kept up to date at all times, but especially during summer months. This is the time when your pet is most likely to come into contact with other animals, or places where they have been. Disease also spreads most rapidly in hot, humid weather.

Although it's not required by law in most areas, have your cat vaccinated against rabies. A cat is much more likely to be bitten by another animal than a dog is.

Parasites, both internal and external, are very active during the summer. Fleas, ticks, lice, and mites can make life miserable for your pet, and all are disease carriers. The flea is a double threat—besides the itching he causes, he's an intermediate host for tapeworms. Keep your pet's bedding clean, and when he's outdoors, provide a spot where he can get out of the grass to lie down.

While roundworms and tapeworms—the most common internal parasites– can be pretty hard on puppies, they don't really pose a serious threat to the adult dog or cat unless they get out of hand. Hookworms or heartworms are always dangerous. If you suspect worms, take a stool sample to your veterinarian. If evidence of worms is found, the veterinarian will determine the proper dosage of the correct medication. Home treatment of a worm problem can be more hazardous than the presence of the worms themselves.

Flies, gnats, and mosquitoes aren't technically parasites, but they do plague your pet. Some of the aerosol flea and tick medications serve as effective repellents against these pests. Don't use flea sprays intended for dogs on cats, and don't ever use repellents intended for humans use on either a dog or a cat. The best way to keep the bug problem down is to keep your pet's play area clean.

Summer haircuts do long-haired dogs more harm than good. Because a dog doesn't perspire as people do, his skin is not part of his body's temperature control system. He loses excess body heat by panting. That heavy coat insulates him against heat, and shaving it off could subject him to severe sunburn or heat prostration.

Poisons take a dreadful toll of pets every summer. Keep charcoal lighter, paint, and gasoline out of a dog's reach. While petroleum products sound unpalatable, some dogs will drink them—and there's no real antidote for petroleum distillate poisoning. Also, be especially careful with aerosol cans—a dog that bites into one is in for the surprise of his life, maybe his last.

Don't let your dog or cat play in the yard right after you've spread fertilizer or weed killer. Both can lead to serious eye and mouth irritations.

Cuts, even minor ones, should be carefully cleaned and treated with antiseptics. Infection runs rampant during hot, humid weather. Also, some species of flies lay their eggs in open wounds. These eggs hatch into maggots that are extremely harmful to your pet.

Cat fights, contrary to popular opinion, rarely end in serious injury to either combatant. But, even minor wounds can

Continued

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Keep your pet healthy when it's hot

Continued

fester. Animal tissue on the cat's claws is a perfect breeding medium for bacteria. Cat bites, like other puncture wounds, close quickly, but often abscess. If your cat has been in even a minor altercation, examine him for injuries.

Most towns have tie-up laws, and with good reason. Don't think that your dog will be unhappy if he can't roam free. Think instead how your child will feel if his pet is run over by a car, or how you'll feel faced by a lawsuit if he bites one of your neighbors.

A summer swim is as refreshing for the dog as it is for the rest of the family. But, when it's time to go home, dry him off and brush his coat thoroughly. Dirty, matted hair will cause him to itch, and subsequent scratching may lead to more serious skin problems. Be sure to get the insides of his ears dry—many ear infections are caused by water remaining deep in the ears after a dunking.

After your dog runs in an open field, check his eyes for pollen and weed seeds. These lodge under the lids and irritate the eyes. Comb him out thoroughly and break up any small clods of dirt that may have formed on the hair between his toes. It's also smart to check for ticks. Ears, armpits, groin area and any other place where there are folds of skin offer ticks a hiding place. There are as many ways to get ticks off as there are people to give free advice. The safest way is to apply flea or tick spray directly to the tick itself. If the tick has attached itself to your pet, you should not try to pull it free—you may leave the tick's bloodsucking apparatus in the dog's skin, which can lead to infection.

Hay fever in dogs and cats sounds funny, but it's not. If your pet scratches frantically or sneezes for no apparent reason, he may have a seasonal allergy. Take him to the veterinarian for diagnosis and treatment immediately. Allergic symptoms can be controlled, but an allergy can't be cured.

Summer vacation trips will be more enjoyable for both you and your pet if the latter stays at home. A panting dog or cat in a hot stuffy car will make a trip extremely unpleasant. Also, many parks and motels have restrictions against pets. Your dog or cat will be much more comfortable if you leave him in an air-conditioned kennel, anyway.

If you insist on taking him along, get him accustomed to auto travel long before you hit the road—a month's practice isn't too much. If you find him bothersome on these short trips, traveling cross-country is likely to be a real nightmare.

Write ahead to check which motels admit animals, and if you plan to cross state lines, carry a certificate stating all your pet's vaccinations are up to date.

When it's hot, feed your pet in the evening so he can digest his meal in the cool of the night. Since he probably won't feel particularly active, you should give him less food.

If your dog chews a bone, don't let it lie around for more than one day. It will attract flies and may become maggot infested. Hornets, too, are sometimes attracted by bones, and will attack the dog that tries to take it away from them.

Don't worry if your dog or cat eats grass. While there are many theories about this subject, the reason for grass eating seems to be simply that some animals just like to eat grass—and even have their favorite types.

Make sure that fresh water is available at all times and provide a shady spot where the dog can escape the sun. If he lives in a dog house, modify it so you can lift the roof slightly to provide flow-through ventilation.

Summer is a great time to enjoy your pet. Do everything possible to keep him comfortable so he'll enjoy summer. ■

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Mrs. Gerry Rose: *"Trim-jeans actually remade my figure in just 3 days. Imagine, in just 3 days, I lost 2¼ inches off my waist, 2 inches off my tummy, over 3 inches off each thigh and 4 inches off my hips! This adds up to a total loss of 14½ excess inches. Trim-jeans have given me a trim and shapely figure of which I am truly proud!"*

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TRIM-JEANS, P.O. Box 3984, Dept. BH-17, San Francisco, CA 94119

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For each Sauna Belt trim-jeans and complete instructions I enclose $13.95.

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If you desire Air Mail, add $1.25 for each trim-jeans.

Woman: Waist size _____ Hip size _____

Man: Waist size _____ Hip size _____

Name _____

Address _____

City _____ State _____ Zip _____

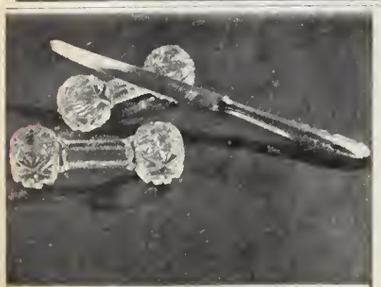
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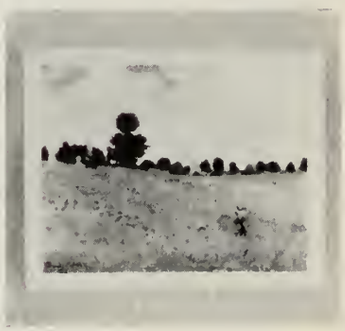
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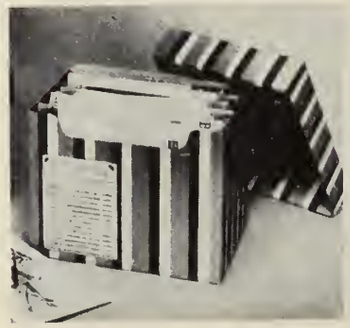
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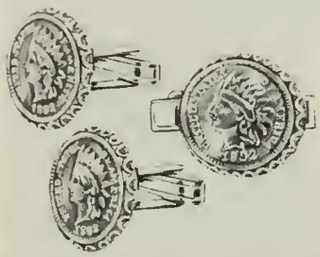
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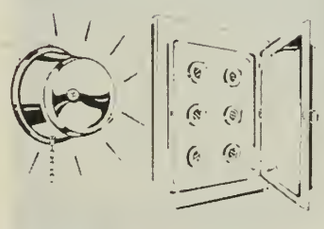
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omplete set of 1964 coins in-udes the only silver Kennedy half ollar. Brilliant uncirculated set oused in plastic. Rising in value. 964: $3.25 (10 sets $29.50). 963: $4.50. 1962: $4.75. 1961: 5.50. 1960: $6. 1959: $6.50. 958: $7. 1957: $8.25. 1956: 9.25. All 9 years: $50. Centre oin Co., Box 5490-J, Sherman aks, Calif. 91413.



Continued

How much would you pay for a diver with rocks in his head?

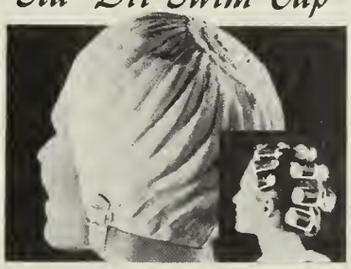
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The Stitchery
Dept. BHG806A
Wellesley Hills, Mass. 02181



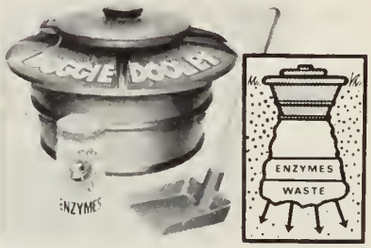
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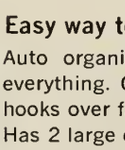
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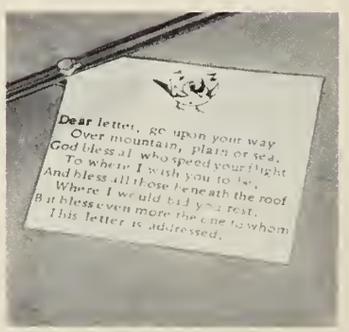
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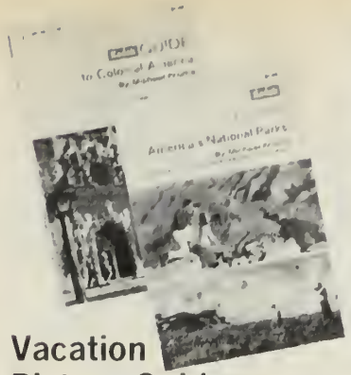
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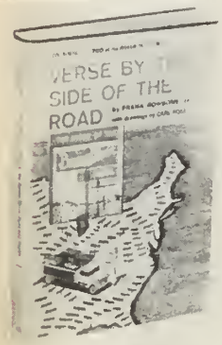
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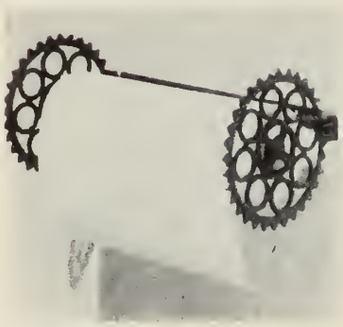
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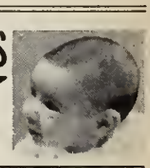
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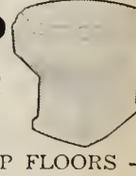
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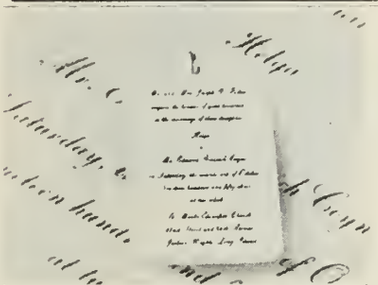


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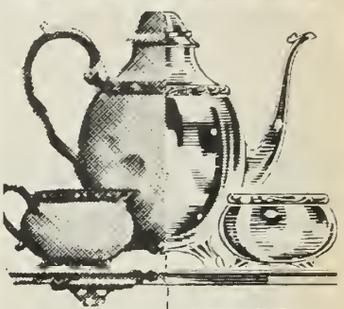
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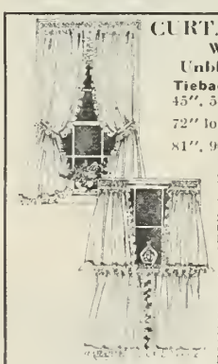
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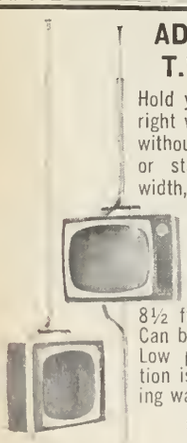
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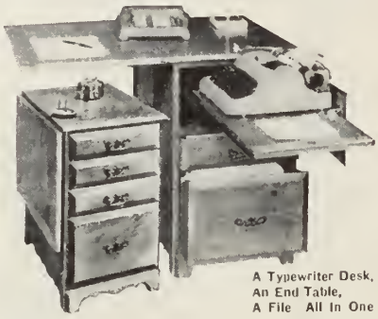
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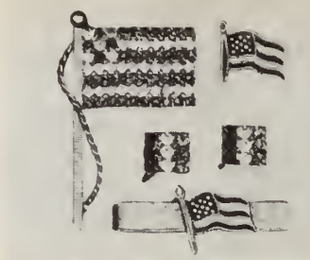
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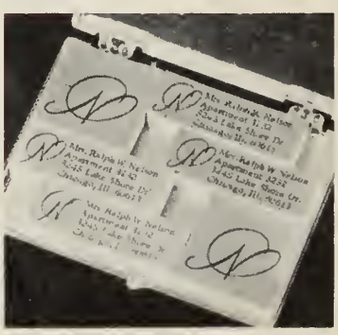
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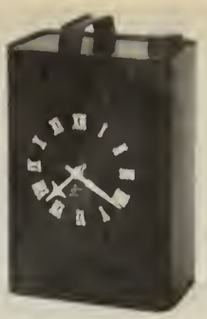


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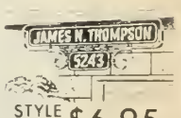
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It was a mistake telling my wife she should run our house the way I do my office. Yesterday, she made me fill out an expense report for my golf outing.

The high school commencement program may not have been complete this year; the main speaker didn't mention ecology.

Pondering the endless upkeep jobs around my house, I'm not so sure it was a good idea for our ancestors to move away from those maintenance-free caves.

When my wife Chris called the local theater to ask what was showing, the manager's reply was "just about everything."

Dell Matson, my neighbor, is having trouble finding a new job. "Problem is," he says, "you work hard, study to improve your skills and then end up unemployable because you're over-qualified."

My doctor concedes that today, an ounce of prevention is worth about $9.75.

A summer cold isn't very pleasant, but at least having something exotic and out of season has snob appeal.

At my high school reunion, Miss Aldrich, my Latin teacher, said I turned out just the way she expected. I took it as a compliment, but I'm not quite sure it was.

Jim Rodgers, our neighborhood's would-be philosopher, told me "Life is a lot like a tube of toothpaste. You always have to squeeze hard to get the most out of it."

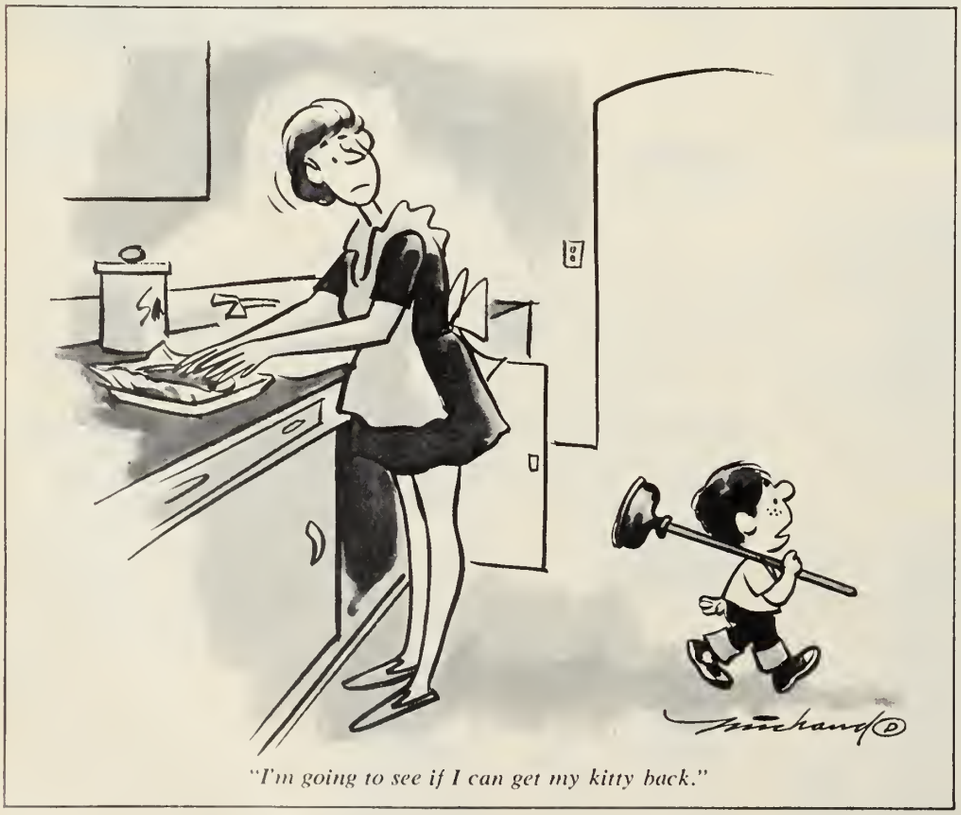
After delivering three sermons Sunday morning, the Rev. George Hall said he should take a few days off—to catch up on the practicing of his preaching.

Burt Jr. can't complain that his history teacher is behind the times. After a recent pop quiz, Burt's paper was returned with the note: "This paper is rated D."

My uncle, who quit smoking last month, is now down to four packs of gum a day.

My daughter's vocabulary still confuses me. Yesterday she said she bought a "real cool pair of hot pants."

It's officially summer. Chris just heard some gossip about our shapely neighbor's seanty new bikini.



"I'm going to see if I can get my kitty back."



"Lucky it turned out nice today—otherwise I'd be cleaning out the attic."

Last week Christine and I were in a book store when a book on how to understand "body language" caught my eye. I didn't realize I could understand the language until Chris gave me a thumbs-down sign.

Now that we have a son and daughter in high school, my wife imposes strict rules on phone calls. I can now use the phone anytime between 5:30 and 6.

For her final assignment in art this semester, my daughter Rosemary had to produce a portrait sketch. After an unsuccessful attempt to find a willing model, she finally asked me to pose for her.

She explained that her younger sister wouldn't stop giggling, her brother Burt, 13, made faces, neither the cat nor dog would hold still and her mother was too busy. This left me as the last possibility.

It was an interesting, though not a flattering experience. She assembled her materials and settled down just out of my view. After sitting motionless for seven minutes, with what I thought was my most intelligent expression, I discovered she had stepped out to the kitchen for something to eat. When she finally got back, she began a running commentary.

It seems my nose wasn't attached to my head the same way everyone else's was. My chin, she added, was also weird. My wife stopped by and remarked that she had never realized how odd my ears were.

Within an hour Rosemary gave up and decided to do a sketch of our pet turtle. She told me not to mind, that she loved me anyway—and she gave me a kiss on top of my oddly shaped head to prove it. And that, I suppose, is all that matters.

But now I look with some concern at the face I shave every day, trying to figure out just where it goes wrong.

Burton Hillis

